

# East Lyme



# Events

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Volume 1 • Quarter 4 • 2013



*East Lyme*  
*Light Parade & Winterfest*  
Saturday December 7th

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## First Selectman's Corner

It doesn't seem like all too long ago that I was writing this note for the spring edition extolling our great town's virtues for the summer season.

Now, here we are on the brink of Thanksgiving and the December holiday season. The good news is that East Lyme's Park and Recreation has events and programs all year long and the many great businesses along Flanders and Niantic's Main Street stands ready to serve you, warm weather or cold.

Thanksgiving weekend will see our annual tree lighting and Holiday Stroll with stores open and decorated for the coming season. Though the warmth of summer is fading, the excitement in East Lyme continues to keep Connecticut's Fan Favorite Town hot and happening all year long!

Our annual Light Parade will be celebrating its 25th year and the committee decided to try holding it on a Saturday night instead of Sunday this year. There will be all day events

on Main Street and throughout the town with chowder, ice carvings, song and good times for all ages - The Light Parade will start off with a fire works display, then a host of floats will creep their way down Main Street. Swing by our shops, the Children's' Museum or have a drink, a donut or an overnight stay or two and enjoy everything East Lyme has to offer.

The Light Parade offers a chance for thousands to visit and see the well lit and ornate floats pass down Main Street. Remember to patronize those businesses who generously "stand still" during the Parade so you can enjoy. My special thanks to the Mitchell's and the Niantic Cinema for all they do. Happy season to all!

*Paul M. Formica, First Selectman*



## Director's Note

As I sit down to write this *Director's Note* for the winter and with Thanksgiving just around the corner, the Parks and Recreation Department and myself have much to be thankful for. We are currently working with Triumph Industries on a Community Build for Phase II of our Playscape enhancement project at McCook Point Park. Triumph is providing over 30 volunteers and purchasing the Wood Matte surface to go under the structure; a huge thanks to Triumph Industries for their support of this project. A portion of the funding for this phase (\$15,000.) was provided by the Niantic Rotary Club. Thank you to both organizations.

On a personal note I am thankful for my entire staff and for their dedication towards making East Lyme a healthier community; I am thankful to the Parks and Recreation Commission and Youth Services Commission for their support and guidance; I am thankful for my loving family for always being there; and lastly I am thankful to the entire East Lyme Community for your support of our programs and parks. It

makes coming to work enjoyable and fulfilling.

Our first Trick or Trunk event that was held on October 30<sup>th</sup> was a great success with a huge turnout. A big thanks to all the vehicle participants who decorated their vehicles and handed out candy to over 200 trick or treaters that attended. Another thanks goes out to the Student Advisory Board members from the high school and their advisor Mike McDowell who dressed up in costume and decorated their vehicles also. They did an awesome job!!

I hope you take a few minutes to review our program offerings and support the advertisers in the magazine. As always, I encourage you to contact our office with any suggestions or concerns. "Remember, to feel great, Recreate".

*David M. Putnam, Director*



## Park & Beach Information

### McCook Point Park

- Open daily from 8:00 a.m. to sunset
- Pets are permitted from October 1 – April 30; must be under owners control at all times. It is the owner's responsibility to clean-up all pet waste.
- 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. Dogs will be allowed on town beaches from October 1 to April 30, and year round on Amtrak Beach. Dogs are not permitted on the Niantic Bay Boardwalk at any time during the year.

### Niantic Bay Boardwalk

Approximately half of the boardwalk that is accessed from Cini Park was opened in the beginning of June.

### Park & 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
- Peretz Park at Bridebrook – 221 West Main Street, Niantic
- Smith-Harris Park – 31 Society Road, Niantic  
(Behind EL Middle School)
- Veteran's Memorial Park – 10 Memorial Park Road, Niantic

## *Parks & Recreation Department*



***Parks & Recreation Department Staff***

### **CONTACT INFORMATION & WEBSITES**

**Director:** David M. Putnam, CPRP  
**Program Coordinator:** Carolann Rossiter  
**Administrative Secretary:** Robin Grandieri  
**Administrative Assistant:** Deb Levandoski  
**Special Events Coordinator:** Mike McDowell  
**Park Foreman:** Edward Ball  
**Maintenance Support:** Michael Rak, Jason Alves,  
Jake Pickerell

### **PARKS & RECREATION COMMISSION MEMBERS**

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

East Lyme Police Department 860-739-5900  
East Lyme Public Library 860-739-6926  
[www.ely.lioninc.org](http://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](http://www.eltownhall.com)  
East Lyme Youth Services 860-739-6788  
Rocky Neck State Park 860-739-5471  
DEP Old Lyme 860-434-8638  
Children's Museum of SE Connecticut 860-691-1255  
East Lyme Aquatic & Fitness Center (Pool) 860-691-4681  
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Contact Lynnea Mahlke 860-691-1611

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### **ATHLETIC ORGANIZATIONS**

#### **EAST LYME BABE RUTH LEAGUE**

Mark Hill, President / 860-303-5663 [hillm@aetna.com](mailto:hillm@aetna.com)  
[www.eastlymebaberuth.com](http://www.eastlymebaberuth.com)

#### **EAST LYME LACROSSE**

Judd Andres / 860-739-2260 / Cell 860-912-3106  
[www.ella.uslaxteams.com](http://www.ella.uslaxteams.com)

#### **EAST LYME LITTLE LEAGUE**

Dave Perry / 860-739-6379  
[www.ETEAMZ.com/EastLymeLittleLeague](http://www.ETEAMZ.com/EastLymeLittleLeague)

#### **EAST LYME SOCCER CLUB**

Jonathon Parker / 860-739-0013 [www.eastlymesoccer.org](http://www.eastlymesoccer.org)

#### **EAST LYME YOUTH FOOTBALL**

Chip Mundell / 860-271-6191

#### **EAST LYME YOUTH CHEERLEADING**

Tammy Bogue / 860-303-1741 / Tracy Wargo / 860-912-8109

#### **EAST LYME JUDO CLUB**

Tony Pezzullo / 860-908-9447 [apezzull@gdeb.com](mailto:apezzull@gdeb.com)

#### **EAST LYME YOUTH BASKETBALL**

Mike Catanzaro / 860-941-7272 / [mcat1926@gmail.com](mailto:mcat1926@gmail.com)  
[www.eastlymeyouthbasketball.org](http://www.eastlymeyouthbasketball.org)

### **CLUBS**

#### **NEW COMERS CLUB**

Janet Banks / 860-739-2891 / [janbanks@hotmail.co.uk](mailto:janbanks@hotmail.co.uk)

#### **MOMS CLUB OF EAST LYME**

[www.eastlymemomscub.org](http://www.eastlymemomscub.org)

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

#### **EAST LYME GARDEN CLUB**

Colleen Gebhard / 860-691-0088 / [elgclub@gmail.com](mailto:elgclub@gmail.com)

#### **AMERICAN LEGION AUXILIARY, UNIT 128**

Pat Keegan / 860-739-2107

#### **EAST LYME SCOUTING**

#### **GIRL SCOUTS REGIONAL OFFICE**

Wendy Gentile / 800-922-2770 x 3728

Desiree Panlilio / 860-739-0696

Kris Stelter / 860-739-0170

#### **DISTRICT SCOUTS REGIONAL OFFICE**

Mike Cooney / 800-414-2433

#### **CUB SCOUTS PACKS**

Chris Mazzulli, #24 860-405-5005

[www.pack24eastlyme.org](http://www.pack24eastlyme.org) / [pack24eastlyme@gmail.com](mailto:pack24eastlyme@gmail.com)

Danile Sefton, #7 / 860-691-0355

Axel Mahlke / 860-287-1174

#### **BOY SCOUT TROOPS**

George Sisson, #7 / 860-691-2165

Robin Greer, #24 / 860-443-5492

Richard Cushing, #240 / 860-739-5239

## Community Bulletin Board

### 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 play mid-May. All games are played at Samuel M. Peretz Park @ Bridebrook.

Date: March 18

Day: Tuesday

Time: 6:30 pm

Location: Parks & Rec. Conference Room

### U.S. Amateur Ballroom Dance

#### Association Dances

Dates: 1<sup>st</sup> Saturday of each month - 6:30 pm -11:00 pm  
(12/7, 1/4, 2/1, 3/1)

3<sup>rd</sup> Friday of each month - 7:00 pm -10:00 pm  
(1/17, 2/21, 3/21)

Where: East Lyme Library & Community Center Activity Room

For more information contact: rorshal@yahoo.com

Roger Orshal (860) 739-0697 or www.usadancenewlondonct.com. Anyone interested in ballroom dancing is welcome

### Shoreline Swing Dances

Dates: 3<sup>rd</sup> Saturday of each month - 8:00 pm -11:00 pm  
(Lessons from 7:00 pm - 8:00 pm)

\* Members, Seniors, Military, Students - \$11.00

\* Non-Members - \$14.00

For more information contact:

Karen Griswold @ 860-445-0582

or www.shorelineswingct.org.

### Annual Tree Lighting

Saturday, November 30<sup>th</sup> at 5:00 pm

Liberty Green - Corner of Main Street & Pennsylvania Avenue

Sponsored by the East Lyme Villages of Niantic and Flanders.

### 10<sup>th</sup> Annual Holiday Stroll

Saturday, November 30<sup>th</sup> from 3:00 to 7:00 pm

Sponsored by the East Lyme Villages of Niantic and Flanders.

### 25<sup>th</sup> Annual Niantic Light Parade

Date: Saturday, December 7<sup>th</sup> at 6:30 pm

Raindate – Sunday, December 8<sup>th</sup> at 6:00 pm

Contact - Paul Cushing (860) 739-5729 or paul@protekauto.com with any questions.

### New York City Bus Trip

Saturday, December 7<sup>th</sup>.

Bus departs East Lyme Community Center at 8:00 a.m. and leaves NYC at 7:30 p.m. \$40 Resident/\$55 NonResident.

Register through Parks & Recreation department.

### Drama & Theater Workshops

East Lyme Parks & Recreation Department in conjunction with the East Lyme Regional Theater will now be offering a

variety of Drama & Theater workshops for ages Infant - Adult. For program information please go to the Parks & Recreation Youth Programs page in this magazine. An open house will be held on Friday, December 6<sup>th</sup> from 6:00 - 8:00 pm at East Lyme Community Center.

### Challenger Basketball – For ALL

Dates: January 6 – March 24

(No session 1/20, 2/17)

Days: Mondays

Time: 6:15 - 7:15 pm

Location: Lillie B Haynes School Gym

No-Fee - No Registration required. Go directly to the program the first night.

### Men's Basketball

Dates: January 8 – March 26 (9 weeks)

Days: Wednesday

Time: 7:00 pm – 9:00 pm

Fee: \$5.00 per person

Where: East Lyme Middle School

### Duplicate Bridge Games

No Duplicate Bridge will be held in January, February & March. It will resume on Tuesday, April 8, 2014.

### East Lyme Judo Club

Location: Flanders School Gym - For Ages 7 and up

Session II: December 3 - February 25 / Cost \$30.00

Classes do not meet when school is closed.

Class Times:

Tuesday: 6:00 pm - 7:30 pm - Beginners & Intermediate /Adult Mixed Classes.

Thursday: 6:00 pm - 7:30 pm - Intermediate /Adults Mixed Classes.

For more information contact Tony Pezzullo

(860) 739-0417 apezull@gdeb.com

### Wrestling Program – Grades K-8

Will meet on Tuesday & Thursday's at Flanders School Gym. Registration will be held on 11/12, 11/14, 11/19, & 11/26 from 6:00 - 8:00 pm at East Lyme Community Center Lobby. For more information contact Ed Lorah at elorah@elorahandassociates.com .

Happy  
Holidays!

from all of us  
at Events Magazines & Essex Printing





## WinterFest Activities - Saturday, December 7

### Children's Arts and Crafts 2:00 - 5:30

Winter themed arts and crafts will be held in the East Lyme Police Station. Join your children in creating decorative crafts for the winter season as well as free face painting for all participants! Balloon Creationist April Brunelle will also be creating exciting balloon creatures during this time frame, don't miss out!

### Ice Sculptures 2:00 - 5:00

Ice sculpture demonstrations will take place in front of ProTek Auto for 3 hours during Winterfest. Come see Bill Covitz, a world renowned, and award winning ice sculptor and owner of *Ice Matters* carve some awe inspiring creations.

### Children's Museum Activities 2:00 - 6:00

The Children's Museum of South Eastern CT will be hosting their regular array of children's activities as well as free arts and crafts for children who drop in during the event.

### Pictures with Santa 3:00 - 5:00

Pictures with Santa will take place on the Town Green. Photo participants are encouraged to bring their own camera, but photo's can be emailed to participants if no camera is available during this time frame. Photo's are free, but donations to the Student Advisory Board comprised of East Lyme High School students are appreciated.

### Vendors and Chili/Chowder Cook-Off

The third annual Chili and Chowder Cook-off will take place under the tent on ProTek Auto's property from 2:00-6:00. We invite you to come check out what some great local restaurants have in store for our competition this year. Also under the tent are some great vendors with items you may be interested in as holiday gifts, or just to treat yourself.

### 25<sup>th</sup> Anniversary Commemorative Ornaments

To celebrate this year being the 25<sup>th</sup> anniversary of the East Lyme Light Parade we have gotten a limited supply of ornaments to sell during the event. These will make great gifts, and can be had for just \$10.00. Stop by the booth in the tent to pick them up.

### Eastern CT Ballet Sugarplum Fairy Pictures and Activities

Straight from the Nutcracker of Choice, meet, greet and take a photo with Eastern CT Ballet's Sugar Plum Fairy while enjoying all the beautiful locally made gifts and sundries at the new Sage & Sandalwood shop at 273 Main Street! Free Activity pages and a sweet holiday treat!

### Fireworks Sponsored by Dominion

Our annual fireworks show will kick the parade off at 6:30 PM. Winter themed activities in addition to what is listed on this page will take place at participating downtown businesses throughout the day. Be sure to like the EL Light Parade and Winterfest page on Facebook to be updated on events! Contact Parks and Recreation for additional information and details as the event gets closer.



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# Events

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# Parks & Recreation Preschool & Youth Programs

## PRESCHOOL PROGRAMS

### CREATIVE ART FOR 3 & 4 YEAR OLDS

Session# 350301-01

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

Dates: January 6 – February 24 (No Class 1/20, 2/17)  
(6 classes)

Days: Monday

Time: 9:15 am – 10:00 am

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

Registration: Begins December 20

Where: East Lyme Library/Community Center/Youth Center

Instructor: Christina Jessuck

### CREATIVE ART FOR 3 & 4 YEAR OLDS

Session #350301-02

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

Dates: March 10 – April 14 (6 classes)

Time: 9:15 am – 10:00 am

Registration: Begins February 24

### TOT GYM

Session #350501-01

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

Dates: January 3 – February 7 (6 classes)

Days: Friday

Time: 10:15 am – 11:00 am

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

Registration: Begins December 20

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

Instructor: Christina Jessuck

### TOT GYM

Session #350501-02

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

Dates: February 21 – March 28 (6 classes)

Registration: Begins Friday February 7

### CRAFTS FOR TWO'S

Session #350301-03

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

Dates: January 6 – February 24 (6 classes)

Days: Monday

Time: 10:15 am – 10:45 am

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

Registration: Begins December 20

Where: Youth Center

Instructor: Christina Jessuck

### CRAFTS FOR TWO'S

Session #350301-04

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

Dates: March 10 – April 14 (6 classes)

Registration: Begins February 24

### KRAFTS WITH KATE

Session #350301-05

This is a program designed for 3 & 4 year olds that involve making a craft based on a story read that day.

Dates: January 8 – March 12 (10 classes)

Days: Wednesday

Time: 9:15 am – 10:00 am

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

Registration: Begins December 20

Where: Youth Center

Instructor: Kate Riotte

## DRAMA THEATER WORKSHOPS - \*NEW\*

### MOMMY/DADDY & ME

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: January 10 – February 28

Days: Friday

Time: 9:45 am – 10:30 am

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

Registration: Begins December 20

Where: Niantic Center School, Room 107

Instructor: Erin Stanley

### FIRST STEPS (INTRO TO DANCE)

Ages 2-1/2 - 5 years old

These classes are structured to stimulate coordination skills, listening skills, balance, music interpretation, creative movement and motor development in the youngest dancers.

This program is an excellent intro to the world of dance.

Dates: January 10 – February 28

Days: Friday

Time: 11:00 am – 11:45 am

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

Registration: Begins December 20

Where: Niantic Center School, Room 107

Instructor: Erin Stanley

### PRESCHOOL MUSIC & MOVEMENT

Ages 2-1/2 - 5 years old

Imagination! Participants will experience different genres of music while learning about steady pulse, singing on pitch, rhythm echoes, instrument playing, dancing and creative story telling through music & movement. Adult participation required.

*Continued on next page*



Dates: January 9 – February 27  
 Days: Thursday  
 Time: 10:45am – 11:30am  
 Fee: Resident \$75.00/Non-Resident \$90.00  
 Registration: Begins December 20  
 Where: Niantic Center School, Room 107

cutting boards, and the stove, as well as oven. Youth should bring Tupperware to class to bring goodies home with them. We recommend 6<sup>th</sup> – 8<sup>th</sup> graders for this class. Class will be held in the Main Kitchen in the Community Center. Please enter through the Senior Center.

**FAIRY TALE THEATER**

Ages 3 - 5 years old  
 Explore story-telling, role play and creative movement. Using their bodies, voices and minds, students engage in active recreations of classic stories. Characters are brought to life through use of simple props and costumes.

Dates: January 16 – March 6  
 Days: Thursday  
 Time: 9:30 am – 10:15 am  
 Fee: Resident \$75.00/Non-Resident \$90.00  
 Registration: Begins December 20  
 Where: Niantic Center School, Room 107  
 Instructor: Cheryl Whipple

**LET'S SEW A ZOO!**

Wednesdays 4 - 6 p.m. February 5, 12, 19, 26  
 Ages 8 and up  
 Fee: \$95 Resident/\$100 NonResident  
 Felt stuffed animals, fabric owl pillows, crazy sock critters and more! Design and sew cute and cuddly animals from interesting fabrics, buttons and ribbons. Learn basic machine and hand sewing techniques as well as embroidery stitches. Machines provided.

**YOUTH PROGRAMS**

**WHAT'S COOKING FOR KIDS**

Saturdays from 9:30 a.m. – 11:30 a.m. 12/14, 12/21, 1/4, 1/11  
 Fee: \$50 Resident/\$55 NonResident includes food.  
 Participants will learn some cooking techniques while preparing some yummy meals. Parents please take note: Youth should be mature and responsible, as they will be handling knives,

**AMERICAN GIRLS CLUB \*NEW\***

Wednesday's 4:00 to 6:00 pm. March 5, 11, 19, 26  
 Ages 7 and up  
 Fee: \$95 Residents/\$100 NonResident  
 Crafts, sewing, cooking and more! Join your friends for a crafty American Girl afternoon and learn about the lives of Julie, Molly, Felicity and their friends. Design and create a felt purse, fabric doll, decorative shell frame and beaded clay jewelry plus games, stories, and snacks too! Discounted American Girl books and accessories will be for sale at the last class.

*Continued on page 12*

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*P&R Preschool & Youth Programs ... continued from page 11*

**DRAMA - THEATER WORKSHOPS - \*NEW\***

**DRAMA CLUB**

Grades 2 - 4

Experience various aspects of theater from role-play and character development to improvisation. Acting games will provide the foundation for this group with emphasis on exploration, critical thinking, social development and process.

Dates: January 15 – March 5  
 Days: Wednesday  
 Time: 3:45 pm – 4:45 pm  
 Fee: Resident \$75.00/Non-Resident \$90.00  
 Registration: Begins December 20  
 Where: Flanders School, Room TBD  
 Instructor: Cheryl Whipple

**DRAMA CLUB**

Grades 5 - 6

Dates: January 16 – March 6  
 Days: Thursday  
 Time: 3:45 pm – 4:45 pm  
 Fee: Resident \$75.00/Non-Resident \$90.00  
 Registration: Begins December 20  
 Where: Niantic Center School, Room 107  
 Instructor: Cheryl Whipple

**LIGHTS OF BROADWAY**

Ages 7 - 9 & 10 - 13 & 14 - 18

Learn how to sell a song, follow and count choreography and act a part all at the same time. Expand your talents and

performance opportunities while learning show stopping numbers from Broadway's hit musicals. Audition technique will also be covered.

Dates: January 11 – March 1  
 Days: Saturday  
 Time: 9:30 am – 11:00 am  
 Fee: Resident \$140.00/Non-Resident \$155.00  
 Registration: Begins December 20  
 Where: East Lyme Community Center/Senior Center Site  
 Instructors: Erin Stanley, Chris Stanley & Carroll Mailhot

**BALLET BEGINNER/INTERMEDIATE**

Ages 7-12

Explore the fundamental of ballet concentrating on technique, proper body alignment, strength and ballet vocabulary. Classes start with stretching and progress from barre to center to across the floor movement and choreography. Preferable attire: black leotard, pink or nude tights, and pink ballet slippers.

Dates: January 11 – March 1  
 Days: Saturday  
 Time: 11:00 am – 12:00 pm  
 Fee: Resident \$90.00/Non-Resident \$105.00  
 Registration: Begins December 20  
 Where: East Lyme Community Center/Senior Center Site

**BALLET BEGINNER/INTERMEDIATE**

Ages 13-18

Explore the fundamental of ballet concentrating on technique, proper body alignment, turn-out, flexibility, strength and ballet vocabulary. Classes start with stretching and progress from barre to center to across the floor movement and choreography. Preferable attire: black leotard, pink or nude tights, and pink ballet slippers.

Dates: January 11 – March 1  
 Days: Saturday  
 Time: 12:00 pm – 1:00 pm  
 Fee: Resident \$90.00/Non-Resident \$105.00  
 Registration: Begins December 20  
 Where: East Lyme Community Center/Senior Center Site

**ADULT & TEEN ACTING**

Ages 13-18 & 18-Adult

This workshop is fun and a surprisingly easy way to become more self-confident, creative, spontaneous and develop your full acting potential. You will also learn the language of the theater through improv, monologue and scene study.

Dates: January 9 – February 27  
 Days: Thursday  
 Time: 5:30 pm – 7:00 pm Ages 13-18  
 7:15 pm – 8:45 pm Age 18-Adult  
 Fee: Resident \$100.00/Non-Resident \$115.00  
 Registration: Begins December 20  
 Where: Niantic Center School, Room 107

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## 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: December 30 – February 21 (No class 1/1, 1/21, 2/17) (22classes)

Days: Monday – Wednesday – Friday

Time: 8:45 am – 9:45 am

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

Registration: Begins December 20

Where: East Lyme Library/Community Center – Activity Room

Instructor: Sue Roos, AFFA/Donna Neaton, AFFA

### MORNING AEROBICS

Session # 310101-02

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

Dates: March 3 – April 16 (20 classes)

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

Registration: Begins February 21

### COED CARDIO & TOTAL BODY CONDITIONING

Session # 310202-01

This is a muscle toning class using hand held weights and bands. The challenging workout is for all fitness levels. It features a full

body workout taking individuals from standing moves to floor workouts. The class ends with an abdominal workout and stretching exercises. Participants are required to bring a non-slip exercise mat.

Dates: Jan 6 – Mar 5 (No classes 1/20, 2/10, 2/12, 2/17) (14 classes)

Days: Monday – Wednesday

Time: 5:00 pm – 6:00 pm

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

Registration: Begins December 20

Where: East Lyme Library/Community Center – Activity Room

Instructor: Donna Neaton AFFA

### ZUMBA AEROBICS

Session #310103-01

A Latin inspired dance aerobic class that incorporates Latin and International music and dance. The class on Monday begins with 40 minutes of ZUMBA dance aerobics and will be followed by a core strengthening workout. On Wednesday the class will consist of 55 minutes of Zumba dance aerobics. Both classes end with stretching. On Mondays, participants are required to bring a non-slip exercise mat.

Dates: January 6 to March 5 (No Class 1/20, 2/10, 2/12,2/17) (14 classes)

Days: Monday – Wednesday

Time: 3:55 pm – 4:55 pm

*Continued on page 14*



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## Happy Thanksgiving!

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Holiday Season!*

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

Fee: Resident \$45.00/Non-Resident \$60.00  
 Registration: Begins December 20  
 Where: East Lyme Library/Community Center – Activity Room  
 Instructor: Donna Neaton AFAA/Zumba Instructor

### **TUESDAY ZUMBA**

Session # 310103-03

This class consists of 55 minutes of ZUMBA dance aerobics and ends with stretching.

Dates: January 7 – April 1 (No Class 2/11, 2/18)  
(11 Classes)

Days: Tuesdays

Time: 5:30 pm – 6:25 pm

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

Registration: Begins December 20

Where: East Lyme Library/Community Center – Activity Room

Instructor: Donna Neaton AFAA/Zumba Instructor

### **SATURDAY MORNING ZUMBA AEROBICS**

Session #310103-04

This 1-1/2 hour class begins with 55 minutes of Zumba dance aerobics, followed by a core strengthening workout. Class ends with a 10 minute stretch. Participants are required to bring a non-slip exercise mat.

Dates: January 4 – March 22 (No class 2/15) (11 Classes)

Days: Saturdays

Time: 8:30 am – 10:00 am

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

Registration: Begins December 20

Instructor: Donna Neaton AFAA/Zumba Instructor

### **STOTT PILATES MAT & ACTIVE ISOLATED STRETCHING BEG/INTERMEDIATE**

Session # 310301-01

This training program will combine essential Stott Pilates Mat to develop strength and flexibility. Pilates is so broad and varied, it can be geared for golfers, pre and postnatal, breast cancer rehabilitation, hikers, aquatics, ball classes and anyone interested in the type of exercise. Participants are required to bring a non-slip exercise mat.

Dates: January 7 – February 25 (No Class 2/18) (7 classes)

Days: Tuesday

Time: 6:30 pm – 7:10 pm

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

Registration: Begins December 20

Where: East Lyme Library/Community Center  
Activity Room

Instructor: Kim Stirtan-BSPE, ACE & Stott Pilates

### **STOTT PILATES MAT & ACTIVE ISOLATED STRETCHING BEG/INTERMEDIATE**

Session # 310301-02

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

Dates: March 11 – April 29 (No class 4/15) (7 classes)

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

Registration: Begins February 25

*Continued on next page*



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**STOTT PILATES MAT & ACTIVE ISOLATED STRETCHING – ADVANCED**

Session # 310302-01  
 Having mastered the essential Pilates Mat exercises, more emphasis will be on neuromuscular control. Participants are required to bring a non-slip exercise mat.

Dates: January 7 – February 25 (No Class 2/18)  
 (7 classes)  
 Days: Tuesday  
 Time: 7:15 pm – 8:15 pm  
 Fee: Resident \$45.00/Non-Resident \$60.00  
 Registration: Begins December 20  
 Where: East Lyme Library/Community Center  
 Activity Room  
 Instructor: Kim Stirtan-BSPE, ACE & Stott Pilates

**PILATES MAT & ACTIVE ISOLATED STRETCHING – ADVANCED**

Session # 310302-02  
 All other information same as previous session, different registration and session dates.

Dates: March 11 – April 29 (No class 4/15) (7 classes)  
 Fee: Resident \$45.00/Non-Resident \$60.00  
 Registration: Begins February 25

**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: January 6 – April 7 (No Class 1/20, 2/17)  
 (12 classes)  
 Days: Monday  
 Time: 6:10 pm – 7:25 pm  
 Fee: Resident \$60.00/Non-Resident \$75.00  
 Registration: Begins December 20  
 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 an optional meditation from 6:30 – 6:55 pm followed by the class, from 7:00 to 8:15 pm. Participants are required to bring a non-slip exercise mat.

Dates: January 8 – March 26 (12 classes)  
 Days: Wednesday  
 Time: 6:30 pm – 8:15 pm  
 Fee: Resident \$60.00/Non-Resident \$75.00  
 Registration: Begins December 20  
 Where: East Lyme Library/Community Center  
 Activity Room  
 Instructor: Michele Flowers, RYT-500

**TOTAL FITNESS**

Session # 310104-01  
 Classes include circuit training, Stott Pilates, body bars, weights, and bands to create a variety of exercises for the entire body. Every class is different. Donna Neaton and Kim Stirtan bring together their experience, education and many years of group training to instruct these classes. Participants are required to bring a non-slip exercise mat.

Dates: January 7 – February 20 (14 classes)  
 Days: Tuesday – Thursday  
 Time: 10:15 am – 11:15 am  
 Fee: Resident \$50/\$25 (1day)/Non-Resident \$65/\$35 (1day)  
 Registration: Begins December 20  
 Where: East Lyme Library/Community Center  
 Smith-Harris Room  
 Instructor: Donna Neaton-AFFA & Kim Stirtan-BSPE, ACE & Stott Pilates

**TOTAL FITNESS**

Session # 310104-02  
 All other information the same as previous session, different registration and session dates.

Dates: March 4 – April 24 (No Class 4/17) (15 classes)  
 Fee: Resident \$50/\$25 (1day)/Non-Resident \$65/\$35 (1day)  
 Registration: Begins February 20

**STABILITY BALL PLUS**

Session 310403-01  
 This class is a great way to strengthen deeper into the “core” muscle groups with working on “balance” and adding different options to your average class. The “Plus” is the use of weights, balls and bands along with the Stability Ball for a total body workout. Participants are required to bring a mat and your own Stability Ball.

Dates: January 2 – March 20 (No class 2/13)  
 (11 classes)

*Continued on page 16*

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

Days: Thursdays  
 Time: 4:45 pm – 5:45 pm  
 Fee: Resident \$35/Non-Resident \$50  
 Registration: Begins December 20  
 Where: East Lyme Library/Community Center  
 Smith-Harris Room  
 Instructor: Donna Neaton AFFA/Zumba Instructor

**BODY SCULPTING WITH SUE**

Session #310202-01  
 This is a muscle toning class using hand held weights and bands. The challenging workout is for all fitness levels. It features a full body workout taking individuals from standing moves to floor workouts. The class ends with an abdominal workout and stretching exercises. Participants are required to bring a mat and weights.

Dates: January 7 – February 27 (No class 2/18)  
 (15 classes)  
 Days: Tuesdays & Thursdays  
 Time: 4:15 pm – 5:15 pm  
 Fee: Resident \$50/Non-Resident \$65  
 Registration: Begins December 20  
 Where: Lillie B Haynes School Gym  
 Instructor: Sue Roos AFFA

**ADULT CO-ED VOLLEYBALL**

Session #310602-01  
 For adults ages 18 and over, this volleyball program is a fun, informal, pick-up play that meets once a week. This program is a great way to stay in shape, while interacting with other players. Please note, participants are reminded to wear appropriate athletic shoes. No food or beverages are allowed in the gym.  
 Dates: January 7– March 25 (No class 2/18) (11 classes)  
 Days: Tuesday  
 Time: 6:30 pm – 8:30 pm  
 Fee: Resident \$30.00/Non-Resident \$45.00  
 (Drop In: \$5.00)

Registration: Begins December 20  
 Where: East Lyme Middle School Gymnasium  
 Instructor: Cathleen Aquino

**BALLROOM DANCE – BEGINNER LESSONS**

Session #330101-01  
 The Beginner Class will include instruction in waltz, foxtrot, rumba and swing.  
 Dates: January 9 – February 27 (8 classes)  
 Days: Thursday  
 Time: 6:00 pm – 7:00 pm  
 Fee: Residents \$45.00/Non-Residents \$60.00  
 Registration: Begins December 20  
 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.  
 Dates: January 9 – February 27 (8 classes)  
 Days: Thursday  
 Time: 7:00 pm – 8:00 pm  
 Fee: Residents \$45.00/Non-Residents \$60.00  
 Registration: Begins December 20  
 Where: East Lyme Library/Community Center  
 Activity Room  
 Instructor: Marjorie Winslow

**NEW YORK CITY BUS TRIP**

Session #390101-01  
 Date: December 7  
 Days: Saturday  
 Time: Bus Departs East Lyme Library Community Center @ 8:00 am  
 Bus Departs New York City @ 7:30 pm  
 Fee: Resident \$40.00/Non-Resident \$55.00  
 Registration: Begins November 1

## *East Lyme Senior Center*

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 2<sup>nd</sup> 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 Department 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.

*Continued on next page*

**MEALS ON WHEELS**

The Senior Center and TVCCA provide Meals on Wheels Monday through Friday to East Lyme adults age 60 and over who are temporarily or long term homebound. Please contact TVCCA for eligibility at 860-885-2745.

**MATURE DRIVER SAFETY CLASSES**

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

**AARP TAX-AIDE**

The Senior Center and AARP 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+

**Tuesday, November 19th** - Join us for a 1 of a kind John Singer Sargent Watercolor Exhibit at the Museum of Fine Arts in Boston, MA. See 93 watercolors, the majority of which have not been on view for decades. Lunch on your own at the Shops on Newbury Street. Fee is \$72 pp. Registration has begun. Moderate walking.

**Thursday, December 5th** - Hudson River Valley...A Gilded Age Christmas. Tour the decorated Vanderbilt Mansion and FDR Hyde Park. Lunch at the Shadows on the Hudson - an elegant restaurant. Fee is \$77 pp. Registration has begun. Moderate walking.

**OVERNIGHT TRIPS/CRUISES**

Open to any person 55+

**Dec 10-12** - Miracle of Christmas at the Sight & Sound Millennium Theater in Lancaster, PA. Stay 2 nights at the Heritage Hotel. Trip includes stops at Byer's Choice, Kitchen Kettle, and Jersey Garden Outlet Mall. \$421 pp double occupancy. Wait List Only.

**Mar 29-30, 2014** - "A Day in Pompeii" special exhibit at Franklin Institute in Philadelphia, PA. Also a historic city tour as well as dinner on the Moshulu (a 108 year old Clipper Ship). \$299pp double occupancy. Registration has begun.

**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 2:30pm & Tue 8:30am & Thu 9am - 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 9:30am or 10:30am & Fri 10am – Residents \$36.00/24 classes. Nonresidents \$41.00/24 classes. Pass required.

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

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

**LAUGHTER YOGA:** Thu 11am – Donation requested. No residency issues. Great fun & great stress release – be prepared to work your abdominal muscles.

**INDOOR BOCCE:** Thu 11:30 am. No fee. Will teach.

**PACE:** Thu 1 pm – Session Class – Call for class fee - People with Arthritis Can Exercise program was developed specifically for people with arthritis.

**PICKLEBALL:** Sat 11 am -\$1pp drop in fee – No residency issues. For adults only.

**DANCE CLASSES**

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

**LINE DANCING:** Wed 2 pm - Session Class – Call for class fee & schedule.

**CRAFTS**

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

**QUILTING:** 3<sup>rd</sup> Fri and the 4<sup>th</sup> Tue of every month 5 pm and the 1<sup>st</sup> 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:** Cribbage played Mon from 9 am. No fee. Will teach.

**CANASTA:** Canasta played Mon from 1 pm. Will teach. No fee.

**MAH JONGG:** Tue 1 pm. No fee. Must know the game.

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

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

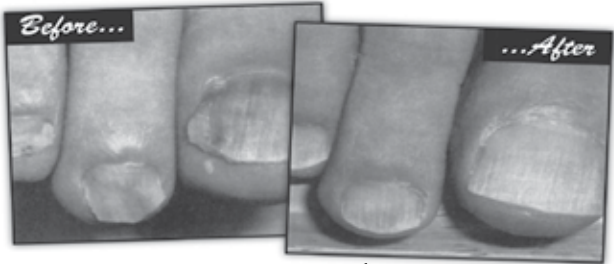
**POKER:** Poker played every Wed from 9 am. Minimal fee to play.

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

**DOMINOES:** Mexican Train Dominoes played on Thu from 10 am. Will teach. No fee.

*Continued on page 18*

**DO YOU HAVE**  
**“Ugly Toenail Syndrome”?**  
**Unattractive, thick, yellow,**  
**discolored, brittle toenails**



**We Can Help!!!**

Introducing a new innovative “laser” treatment for toenail fungus. The “Q-clear laser” is FDA approved. Safe and painless. No longer a need for oral medications or topical creams and solutions!! No longer a need to hide your embarrassing toenails!! Free consultation available.

*Call today for an appointment at one of our two office locations.*

**HADDAM FOOT CARE SPECIALIST**  
**Dr. Stuart L. Jablon**  
 1606 Saybrook Road (Tylerville), Haddam, CT 06438  
**Marlborough: 860-295-8791**  
**Haddam: 860-345-3674**  
*Dr. Stuart L. Jablon offers a full array of podiatric services to help you maintain healthy feet.*

C17-18-03



*Senior Center ... continued from page 17*

**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 1<sup>st</sup> card - \$.25 for every additional card up to 9 cards.

#### EDUCATION/ENRICHMENT

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

**VNASC NURSE MANAGED WELLNESS CLINIC:** 2<sup>nd</sup> Wed of every month 1pm for services that focus on prevention and self-care.

**VNASC BLOOD PRESSURE CLINIC:** 4<sup>th</sup> Wed of every month 1:15 pm to 2:15 pm.

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

**DANCES:** For 2014: Jan 10<sup>th</sup> - Mar 7<sup>th</sup> - May 9<sup>th</sup> - Jul 25<sup>th</sup> - Sep 12<sup>th</sup> - Nov 7<sup>th</sup> from 7:00 pm to 10:00 pm. Admission is \$9.00.

#### EVERY MONTH

Theme Meals, Musical Entertainment and Special Events

#### *East Lyme Senior Center*

37 Society Road, Niantic, CT 06357 860-739-5859

Monday - Friday 8:30 am to 4:30 pm

Cathy Wilson - Senior Services Coordinator

Gail Glenn - Program Assistant

Anna Hartung - Administrative Secretary

Roxanne Kormos - Full Time Driver

Lee James - Part Time Driver

Wendy Whatton - TVCCA Site Server

## *Leaf Collection Schedule*

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

October 14 through December 13  
(No collection Thanksgiving week.)

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

4:00 p.m. and at the Transfer Station which is open 7:00 a.m. – 3:00 p.m. Monday through Friday and 8:00 a.m. – 12:00 p.m. on Saturday. The charge is \$.50 per bag. Any other paper bags are also acceptable.

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

## *Mailbox Damage by 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 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.

## *What is Kinship Care?*

Today's families often bear little resemblance to the stereotype of a mother and father raising their children in the suburbs. Today, our children are just as likely to be living in single parent households, blended families, or any number of other family groupings. At any given time, over a million children in this country are living in kinship care. Kinship care refers to extended family members providing a home to children who are unable to reside with their parents. There are many reasons why parents may not be able to care for the children themselves – illness, difficult work schedules, incarceration, housing issues, mental health or substance abuse issues, abuse or neglect, or poverty. Children may live with relatives for short periods or permanently. Kinship

care offers children the ability to remain a part of their family. They are better able to maintain familiar traditions and customs, and they have a greater opportunity to know their family.

Kinship care can also bring unique challenges. Caregiver relatives feel unsure of how to deal with the changing roles within their family. Should they allow or encourage the child to call them "mom" and "dad?" What is appropriate for visits? Phone calls? How do they explain this to others? And most importantly, how do they explain it to the child?

We can help with these questions and others related to adoption or out of home care.

*Nancy Randall, Psy.D., East Lyme Psychological Associates*

# East Lyme Public Library

## NOVEMBER

### WILLIE NININGER PERFORMS THE OLDIES

Saturday, November 9 – 2:00 p.m.

Popular singer and songwriter Willie Nininger will perform the Oldies of the 1960s and '70s. Nininger is known for his extensive repertoire, spontaneous sense of humor and flat-picking guitar technique. Willie wrote songs for the "Captain Kangaroo Show" and kids' TV "After School Specials."

### LIVE HEALTHY FOR LIFE WORKSHOP SERIES

Tuesday, November 19 – 7:00 p.m.

Dr. Christopher Lachowski will lead the third session of a three-part workshop series on the science of aging well. You will learn practical ways to take control of your health to help feel better and improve your quality of life as you get older.

### FILM DISCUSSION – *SINGIN' IN THE RAIN*

(directed by Gene Kelly and Stanley Donen, 1952)

Wednesday November 20 - 5:30 p.m. for screening (102 minutes), discussion follows screening

Considered by many to be the finest musical comedy of all-time, *Singin' in the Rain* is sheer delight. Betty Comden and Adolph Green wrote this wonderful film about the time when movies were changing from silent to talkies. The songs range from the hilarious "Make 'Em Laugh" to the delicate "You Were Meant for Me" and the show-stopping classic "Singin' in the Rain" solo by Gene Kelly.

### MANGA CLUB

Wednesday, November 20 - 7:00 p.m.

Come gather and discuss two popular media: manga, or Japanese print comics, and anime, or Japanese animation. Manga Club is open to those in 7th-12th grade. This program will be repeated on December 18 and January 29 at 7:00 p.m. Please call to register.

## DECEMBER

### VIOLIN-VIOLA STUDENT PERFORMANCE

Wednesday, December 4 – 7:00 p.m.

Students of viola instructor Irene Mrose Rissi will perform a concert of classical pieces.

### U.S. COAST GUARD HISTORY PRESENTED BY LT JUSTIN VANDENHEUVEL

Saturday, December 7 – 2:00 p.m.

Lieutenant Justin VandenHeuvel is a third generation Coastguardsman who is passionate about sharing the history of the U.S. Coast Guard. Enlisting in the Coast Guard in 1993, he has proudly served in eight cutters with more than 14 years of Coast Guard sea service.

### 9<sup>TH</sup> ANNUAL WINTER SOLSTICE CONCERT

Tuesday, December 17 – 7:00 p.m.

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

### FILM DISCUSSION – *AMERICAN GRAFFITI*

(directed by George Lucas, 1974)

Wednesday, December 18 - 5:30 for screening (112 minutes), discussion follows screening.

This film from director George Lucas (long before *Star Wars*) was selected by the American Film Institute as one of the greatest 100

movies ever made. Four California teenagers who are unsure of their futures spend summer nights cruisin' and hangin' out in this look at the last "innocent" year of the '50s and early '60s.

## JANUARY

### USING YOUR BODY OF KNOWLEDGE

January 7, 13, 21, 27 – 7:00 p.m.

Stress can be a significant factor in chronic pain and disease. This four week series will teach participants how to produce the Relaxation Response (as elucidated by Harvard researcher Herbert Benson, MD), the Focusing technique (developed by Eugene Gendlen, PhD) and related methods of personal relaxation and insight with the goal of gaining greater health and satisfaction. The series will be taught by David Arnold who has used and taught these methods and their ongoing refinements in many contexts for over three decades, first in teaching cadets at the Coast Guard Academy, and in private practice as a licensed and certified body-centered therapist. Registration is required. The skills taught will be cumulative. Participants will find it most useful to attend the first and subsequent sessions.

### FILM DISCUSSION – *2001: A SPACE ODYSSEY*

(directed by Stanley Kubrick, 1968)

Wednesday, January 15 - 5:30 for screening (142 minutes), discussion follows screening

*Continued on page 20*

## NIANTIC ACUPUNCTURE & FAMILY WELLNESS



Serving my community:  
Providing Family  
Holistic Healthcare

Maggie Barili, RN, LAc Dipl.Ac  
Registered Nurse ♦ Herbalist  
Board Certified & Licensed Acupuncturist

Specializing in preventive medicine, mental health, physical and emotional disorders of stress, women's health, gastro-intestinal disorders, pain, palliative care and more.

369 Main Street ♦ Niantic, CT 860 451-5558  
maggie@nianticacupuncture.com

*East Lyme Public Library ... continued from page 19*

Produced and directed by Stanley Kubrick, *2001: A Space Odyssey*, deals with a series of encounters between humans and mysterious black monoliths that are apparently affecting human evolution, and a space voyage to Jupiter tracing a signal emitted by one such monolith found on the moon. The film is frequently described as an "epic film" both for its length and scope, and for its affinity with classical epics.

**METAPHOR MUSIC**

Tuesday, January 28 – 7:00 p.m.

Metaphor String Trio is addicted to making music and invites its audiences to savor the possibilities of classical music by engaging them in interactive performances. Metaphor String Trio - founded by three Waterford, CT residents who share a mutual love of creating and exploring music - is comprised of: Lisa Gray, violin; Irene Mrose Rissi, viola; and Barbara Metz, cello.

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

One-on-one help sessions are available by appointment with Greg Rice. Reference librarian Greg Rice will demonstrate use of the library's e-books. Bring your e-readers and any questions. Please call 860-739-6926 to register for the one-on-one help sessions.

**IPHONE /IPAD HELP SESSIONS**

One-on-one help sessions are available by appointment with Stephen Moss. Reference librarian Stephen Moss will share insights for users of iPhones and iPads. Bring your devices and any questions. Please call 860-739-6926 to register for the one-on-one help sessions.

**NEW ONLINE RESOURCE!**

We are excited to announce our latest digital service, Zinio. Zinio, the world's largest newsstand, offers full color, interactive digital magazines for your enjoyment. There are 180 popular titles available with no holds, no checkout periods, and no limit to the number of magazines you can download to your tablet or computer. Check out the library's website ([www.ely.lioninc.org](http://www.ely.lioninc.org)) for the link to Zinio to get started. Happy reading!

**MYSTERY BOOK DISCUSSION GROUP**

This book discussion group meets on the last Thursday of each month at 11:00 a.m. in the East Lyme Room. Copies of the current month's book are available at the library. 11/21 *Crooked Letter*, by Tom Franklin; 12/26 *The Twelve Clues of Christmas* by Rhys Bowen; 1/30/2014 *What the Dead Know* by Laura Lippman. No registration necessary.

**BOOK DISCUSSION GROUP**

A book discussion group meets the second Tuesday of each month at 7:00 p.m. in the East Lyme Room. Copies of the current month's book are available at the library. 11/12 *A Hologram for the King* by Dave Eggers; 12/10 *Life After Life* by Kate Atkinson; 1/14/14 *Rules of Civility* by Amor Towles. No registration necessary.

All programs are free and open to the public. Advanced registration is suggested because of limited seating. Please call 860-739-6926 to register. If you register for one of our programs and cannot make it to the program please call and let us know. Often we have waiting lists for our programs and we want as many people as possible to be able to enjoy our programs.

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

## *East Lyme Public Safety*

Staying warm and safe during the frigid winter months can really be a challenge. If a major winter storm hits, you may have to cope with power failures leaving you without heat. The roads leading to a shelter may be impassable for hours, maybe even days depending on the size of the storm. Many homes will be too cold - either due to a power failure or because the heating system isn't adequate for the weather. If you must use space heaters and fireplaces to stay warm, the risk of household fires and carbon monoxide poisoning increases.

**Plan Ahead.** Prepare for extremely cold weather every winter. There are steps you can take in advance for greater wintertime safety.

**Emergency Supplies List**

- An alternate way to heat your home during a power failure:
  - Dry firewood for a fireplace or wood stove, or
  - Kerosene for a kerosene heater
- Electric space heater with automatic shut-off switch and Non-glowing elements
- Multipurpose, dry-chemical fire extinguisher
- Extra blankets
- First aid kit and instruction manual
- Flashlight or battery-powered lantern
- Battery-powered radio
- Battery-powered clock or watch
- Extra batteries

- Non-electric can opener
- Snow shovel
- Rock salt
- Special needs items (diapers, hearing aid batteries, medications, etc.)

**Keep several days' supply of these items**

- Non-perishable foods such as bread, crackers, cereal, canned foods and dried fruits & nuts. Remember baby food and formula if you have young children and pet food if you have animals.
- Water stored in clean containers, or purchased bottled water (5 gallons per person) in case you lose power and are on a well.

**Prepare Your Home for winter**

Listen to your local weather forecasts regularly, and check your emergency supplies whenever a period of extreme cold or large storm is predicted.

If you plan to use a fireplace or wood stove for emergency heating, be sure to have your chimney inspected every year. Ask your local fire department to recommend an inspector, or find one in the yellow pages of your telephone directory under "chimney cleaning."

Insulate any water lines that run along exterior walls so your water supply will be less likely to freeze. To the extent possible, weatherproof your home by adding weather stripping, insulation, insulated doors and storm windows, or thermal-pane windows.

*Continued on next page*



## Smith-Harris House

### Christmas Curiosities:

#### Historic Delights of Seasons Past

The Smith-Harris House is pleased to offer a trifecta of treats for the curious! First, on December 7 & 8, from 10 am to 2 pm, is the ever-popular annual Wreath Sale run by the Friends of the Smith-Harris House, where all are welcome to visit and purchase decorations from the historic to the contemporary. Then, while you're on-site, take an open-house tour of the Smith-Harris House decorated in historic holiday splendor, and sample some seasonal treats made from recipes of the past. A \$5 suggested donation for the house tour is requested. Lastly, come back on December 14<sup>th</sup> for a theatre performance by a nationally renowned troupe of historical re-enactors. This year's performance, "*The Magic of the Old Curiosity Shoppe*," follows a young woman as she seeks the truth behind the brooch she finds among forgotten items in a curiosity Shoppe.



This heartwarming play is inspired by Charles Dickens' classic work. Tours at 6:30 pm, 7:15 pm, 8:00 pm, & 8:45 pm. Tickets are \$10 per adult, \$5 children 12 & under. Tour size is limited, so purchase in advance is encouraged. Tickets can be purchased on-site during the Wreath Sale & Open House, or by calling the Smith-Harris House at (860) 739-0761.

The Smith-Harris House Commission is looking for several members to actively serve a two-year term beginning in January. Especially needed are people with marketing/publicity, graphics/computer technology, or fundraising/friendraising experience. This is a volunteer Commission where a willingness to understand museum standards, a helping set of hands, great ideas, and a positive attitude are a must! Some nights and week-end on-site assistance may be required. For information or an informal interview, contact Commission Chair Gary Lakowsky at lakowsky@sbcglobal.net.

### Public Safety ... continued from page 20

If you have pets, bring them indoors during extreme cold and major weather events. If you cannot bring them inside, provide adequate shelter to keep them warm and make sure that they have access to unfrozen water.

#### Heat your Home Safely

If you plan to use a wood stove, fireplace, or space heater, be extremely careful. Follow the manufacturer's instructions and remember these safety tips:

- Use fireplace, wood stoves, or other combustion heaters only if they are properly vented to the outside and do not leak flue gas into the indoor air space.
- Do not burn paper in a fireplace.
- Ensure adequate ventilation if you must use a kerosene heater.
- Use only the type of fuel your heater is designed to use; don't substitute.
- Do not place a space heater within 3 feet of anything that may catch on fire, such as drapes, furniture, or bedding, and never cover your space heater.
- Never place a space heater on top of furniture or near water.
- Never leave children unattended near a space heater.
- Make sure that the cord of an electric space heater is not a tripping hazard but do not run the cord under carpets or rugs.
- Avoid using extension cords to plug in your space heater.
- If your space heater has a damaged electrical cord, do not use it.
- Store a multipurpose, dry-chemical fire extinguisher near the area to be heated.
- Protect yourself from carbon monoxide (CO) poisoning by installing a battery-operated CO detector.

#### Light and Cook Safely

If there is a power failure:

- Use battery-powered flashlights or lanterns rather than candles, if possible.
- Never leave lit candles unattended.
- Never use a charcoal or gas grill indoors—the fumes are deadly. Never use a generator indoors, inside the garage, or near the air intake of your house because of the risk of carbon monoxide poisoning
- Plug in appliances to the generator using individual heavy-duty, outdoor-rated cords.
- Do not store gasoline indoors where the fumes could ignite.

As always, if a major storm event is predicted, and the Emergency Operations Center is opened, you can turn to the following sites for the most up to date information from power outages, to shelter openings:

East Lyme Public Safety's Facebook Page:

<https://www.facebook.com/pages/East-Lyme-Public-Safety/288572021179000>

The Town of East Lyme's YouTube Channel:

[www.youtube.com/eltownhall](http://www.youtube.com/eltownhall)

The Town of East Lyme Website:

[www.eltownhall.com](http://www.eltownhall.com)

As well as The Town of East Lyme's Local Access Channel 22 Richard Morris, Emergency Management Director, Public Safety, Fire Marshal Phone: (860) 739-2420

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

## SPOTLIGHT on our newest East Lyme Events customers!

- Georgann Ritter Interior Design • Haddam Foot Care Specialist
- Niantic Arthur Murray • Window Products

## East Lyme Youth Services

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

East Lyme Youth Services  
45 Society Rd, Niantic, CT 06357  
(860) 739 -6788 email: eastlymeparks@gmail.com  
Serving the East Lyme and Salem Communities  
Dave Putnam - Executive Director  
Office Hours: 8:00 am - 4:00 pm

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

### AFTER-SCHOOL PROGRAM

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

### WHAT'S COOKING FOR KIDS

Saturdays from 9:30 a.m. – 11:30 a.m. 12/14, 12/21, 1/4, 1/11  
Fee: \$50 Resident/\$55 NonResident. Includes all food.  
Participants will learn some cooking techniques while preparing some yummy meals. Parents please take note: Youth should be mature and responsible, as they will be handling knives, cutting boards, and the stove, as well as 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.

### LET'S SEW A ZOO!

Wednesdays 4 - 6 p.m. February 5, 12, 19, 26  
Ages 8 and up  
Fee: \$95 Resident/\$100 NonResident  
Felt stuffed animals, fabric owl pillows, crazy sock critters and more! Design and sew cute and cuddly animals from interesting fabrics, buttons and ribbons. Learn basic machine and hand sewing techniques as well as embroidery stitches. Machines provided.

### AMERICAN GIRLS CLUB \*NEW\*

Wednesday's 4:00 to 6:00 pm. March 5, 11, 19, 26  
Ages 7 and up. Fee: \$95 Residents/\$100 NonResident  
Crafts, sewing, cooking and more! Join your friends for a crafty American Girl afternoon and learn about the lives of Julie, Molly, Felicity and their friends. Design and create a felt purse, fabric doll, decorative shell frame and beaded clay jewelry plus games, stories, and snacks too! Discounted American Girl books and accessories will be for sale at the last class..

### SNOW TUBING AT POWDER RIDGE

Join us for a day of tubing at Powder Ridge on Tuesday, February 18th. We are filling a bus and heading up to the mountain for four hours of tubing fun. East Lyme students are on February break and this will be a great opportunity to get them out of the house and have some fun in the snow with friends. The trip is limited to the first 40 registrants and will fill up fast. The bus will leave the Community Center parking lot at 9:00 a.m. and return at approximately 3:00 p.m. for pick up. Lunch is not included and is highly recommended to bring. This trip is for students, friends, and families. Cost is \$55.00 for ages 6-12 and \$62.00 for ages 13 and over. Registration begins January 6th.

### SKI CLUB

Thursdays, January 9 - February 6, 2014 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 p.m. at the Youth Center.

### SNOW DAY INSURANCE

We are happy to offer this service for busy parents. Should there be a snow day this winter, we will be ready for you! This program is open to 1st - 6th graders. Bagged lunch is required. 7:30 a.m.-4:30 p.m. Registration is \$25. If you utilize the service, the cost is only \$25/day. Registration is open and limited to 30 youth. Sign up today!

### HIGH SCHOOL

Student Advisory Board (SAB) A service club facilitated by ELYS for high school students to help plan activities for peers that are fun and drug/alcohol free. This year's activities include Light Parade/Winterfest events, Trick or Trunk, and organizing middle school dances. Meetings are held in Mr. Beale's room during lunch on Tuesdays. 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.

### VOLUNTEERING

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

We are currently working on additional programs and events. Check out our website frequently for updates [www.eltownhall.com](http://www.eltownhall.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.

**East Lyme Youth Services**  
**45 Society Rd., Niantic, CT 06357**  
**(860) 739-6788 Fax: (860) 691-2409**

**PROGRAM REGISTRATION FORM**

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

**PARTICIPANT INFORMATION**

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

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

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

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

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

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

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

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

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

**Race:**

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

**Family:**

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

**Ethnicity:**

- Hispanic/Latino  
 Not Hispanic/Latino

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

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

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

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

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

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

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



## *Snow Removal - Facts & Tips*

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 Emergency Tips and 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 also are also the drivers of the plowing trucks.

- Never pass a snowplow or salt truck.

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

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

## *Registration Policies - Parks & Recreation Department*

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). Registration Form on next page. Programs limiting the number of participants will be determined on a first-come-first-served basis.

Non-residents will be charged an additional \$15 fee for programs. Payment must be made in full at the time of registration, without exception. We accept cash, Visa/MasterCard/Discover, and checks made payable to "The Town of East Lyme". Returned checks will be charged a \$20 fee.

There are no refunds unless extenuating circumstances occur during a program session.

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

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

EAST LYME PARKS AND RECREATION DEPARTMENT  
REGISTRATION FORM



**REGISTRATION INFORMATION:**

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

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

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

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

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

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

\*\*\*\*\*

**Emergency Contact:**

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

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

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

Participants Name	DOB	Gender	MEDICAL CONCERNS	Program	Session Number	Fee

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

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

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

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

## Recycling Schedule

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

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

Days that are "boxed" are Holidays. For complete Holiday Schedule, visit Public Works Curbside Collection at [www.eltownhall.com](http://www.eltownhall.com).

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*No phone calls please.*



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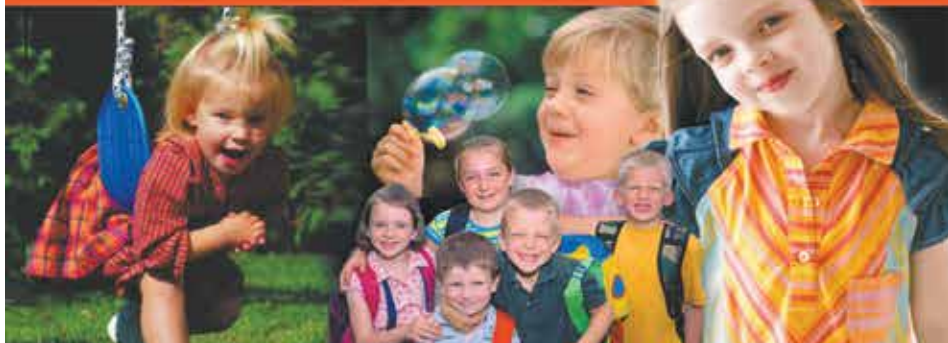


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