

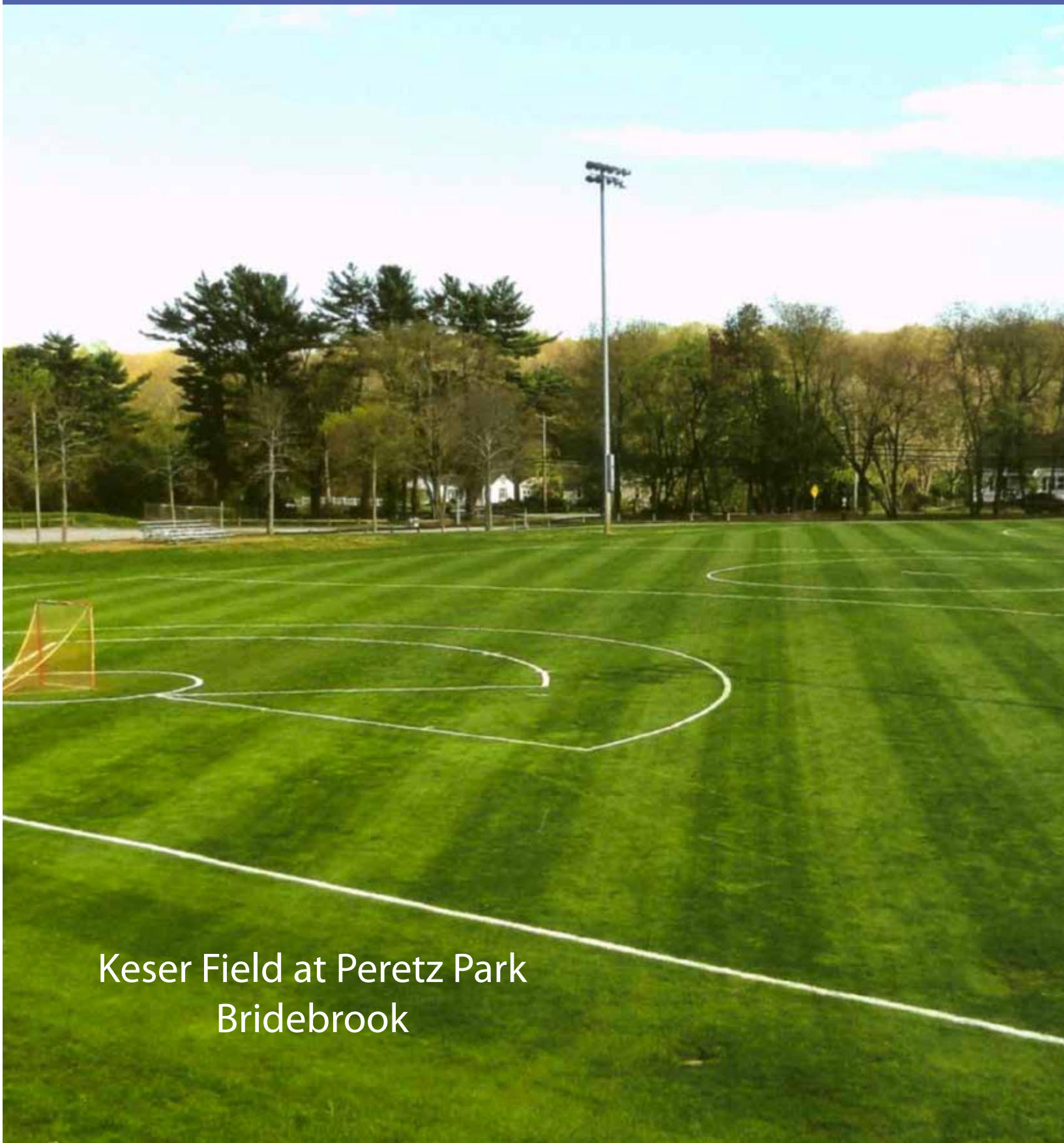
East Lyme



Events

www.eventsmagazines.com

Volume 1 • Quarter 1 • 2013



Keser Field at Peretz Park
Bridebrook

design
marketing
communication



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good business.

Thomas Watson Jr.

essex
printing

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First Selectman's Corner

After a long winter of record snows and general harassment from Mother Nature, the Town welcomes another beautiful spring in Niantic Village and the wonderful trails on our extensive open space. With the opening of the rebuilt Boardwalk section near the Amtrak bridge, the design and re-construction of the destroyed Boardwalk section near Hole in the Wall, the opening of the new and improved Niantic Bay Beach and the re-opening of Cini Park, Niantic Village is ready to enjoy some sun and fun!

Move a little west from Cini Park and walk and shop in our renovated downtown village district, park in our new public lot for free or eat in one of East Lyme's terrific restaurants for a day to remember. Move north along Route 161 and find hiking trails in Oswegatchie Hills or

along Darrow's Pond, wonderful farm and historic tours, and enjoy shopping and dining around Flanders Four Corners. Heck, we have so much to do here you might as well grab a room in one of our award winning bed and breakfasts, cozy cottages or great hotels! All in all, we hope you'll make visiting us a priority this year so you too will grow to love our town (almost) as much as we do!



Paul M. Formica, First Selectman

Welcome to the premier issue of East Lyme Events!

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Community Listings



Parks & Recreation Department Staff

Parks & Recreation Department Staff

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,
 Edward Dzwilewski, Roger Nadeau, Milan Keser
 "The Parks and Recreation Commission meets in the Parks and Recreation conference room on the first Thursday of each month at 7:00 p.m. The public is welcome to attend the meetings."

- East Lyme Police Department860-739-5900
- East Lyme Public Library860-739-6926
www.ely.lioninc.org
- East Lyme Public Works860-739-8444
- East Lyme Senior Center860-739-5859
- East Lyme Town Hall860-739-6931
www.eltownhall.com
- East Lyme Youth Services860-739-6788
- Rocky Neck State Park860-739-5471
- DEP Old Lyme860-434-8638

- Children’s Museum of SE Connecticut860-691-1255
- East Lyme Aquatic & Fitness Center (Pool)**860-691-4681
www.nutmegaquatics.com
- Athletic Organizations**
- East Lyme Babe Ruth League
- Mark Hill, President860-303-5663
hillm@aetna.com / www.eastlymehaberuth.com
- East Lyme Lacrosse**
- Judd Andres860-739-2260
- Cell860-912-3106
www.ella.uslaxteams.com
- East Lyme Little League**
- Dave Perry860-739-6379
www.ETEAMZ.com/EastLymeLittleLeague
- East Lyme Soccer Club**
- Jonathon Parker860-739-0013
www.eastlymesoccer.org
- East Lyme Youth Football**
- Chip Mundell860-271-6191
- East Lyme Youth Cheerleading**
- Tammy Bogue860-739-2179
- Tracy Wargo860-912-8109
- East Lyme Judo Club**
- Tony Pezzullo.....860-908-9447
apezzull@gdeb.com
- East Lyme Youth Basketball**
- Mike Catanzaro860-941-7272
mcatanzaro@defender.com
- Clubs**
- New Comers Club**
- Janet Banks.....860-739-2891
janbanks@hotmail.co.uk
- Moms Club of East Lyme**
www.eastlymemomsclub.org
- Women Club of SE Connecticut**.....860-691-1948
- East Lyme Scouting**
- Girl Scouts Regional Office**
- Wendy Gentile800-922-2770 x 3728
- Desiree Panlilio860-739-0696
- Kris Stelter860-739-0170
- District Scouts Regional Office**
- Mike Cooney800-414-2433
- Cub Scouts Packs**
- Chris Mazzulli, #24860-405-5005
www.pack24eastlyme.org pack24eastlyme@gmail.com
- Danile Sefton, #7860-691-0355
- Axel Mahlke860-287-1174
- Boy Scout Troops**
- George Sisson, #7860-691-2165
- Robin Greer, #24860-443-5492
- Richard Cushing, #240.....860-739-5239

Parks and Recreation Director's Note



IS IT SPRING YET?

As I write this note, my entire staff is dealing with the aftermath and clean up of the Blizzard of 2013. I would like to publicly thank them for their efforts and tireless work. The department is also still dealing with the effects of "Hurricane Sandy" which has provided additional maintenance challenges at McCook Point Park which includes repairs to the lower parking lot, sidewalks, Frank's Sea Wall, the Gate House and the Boardwalk.

With the aftermath of the two storms still fresh in our minds, Spring has arrived and it is time to get out and recreate, soon enough Peretz Park @ Bridebrook will be bustling with activity and as the weather warms up I hope to see you use the walking path.

I am pleased to announce our new relationship with Essex Printing as they will be printing East Lyme Events four times

a year, which will showcase our Parks and Recreation programs. Please take a few minutes to read through the magazine; we would love to hear your feedback on the new format. The department has some exciting program opportunities for you and your family to get active.

I have received numerous questions on the status of the new beach and boardwalk at Cini Park. The construction of the new Boardwalk and Beach is on schedule and a possible late spring early summer opening is possible. More information will be publicized as to an official opening, so stay tuned for further details.

A huge thank you to all the advertisers in our premier issue of East Lyme Events. I appreciate your support of the Parks and Recreation Department and the Town of East Lyme.

*Sincerely,
David M. Putnam*



From the Events Publisher

Welcome to East Lyme!

Essex Printing and Events Magazines welcome East Lyme to our prestigious list of towns that generate Events Magazines. The addition of East Lyme brings the number of towns partnering with us to thirteen.

Over 198,500 residents now receive and enjoy getting their local news delivered by us.

Over the past 17 years Events Magazines have become a trusted source of information for town residents along the shoreline and CT River Valley. It has established itself as the

one source for all town news including a note from each town's First Selectman, upcoming social events, and important happenings that affect everyone in the community.

Each Events Magazine brings tremendous value to every town resident, as well as our advertisers. There is no other vehicle that reaches everyone in town and provides the local information that we do.

We are excited and happy to be adding East Lyme to our Events Magazines family.

*Sincerely,
William McMinn, Owner & Publisher*



Congratulations

... to our outstanding maintenance crew as Keser Field of Peretz Park at Bridebrook has been awarded the distinction of "Field of Excellence" by Pioneer Athletics. Over 270 fields were submitted nationwide, and Keser Field is one of only two fields in New

England to be chosen this year as a "Field of Excellence". The field is featured on the cover of this edition of the brochure, and maintains its remarkable condition year after year due to our maintenance crew's dedication and talents.

Events

MAGAZINES



East Lyme Events

TM Ventures, LLC

dba **Essex Printing & Events Magazines**

18 Industrial Park Road, P.O.Box 205

Centerbrook, CT 06409

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East Lyme Parks and Recreation

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Not responsible for omissions or typographical errors.

Town Clerk's Office

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

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 check made payable to Town of East Lyme and mail to East Lyme Town Clerk, PO Box 519, Niantic, CT 06357. We do require a self-addressed stamped envelope. Postage on the return envelope is 66 cents for the return of the license.

A penalty of \$1 per month will be assessed for payments received after July 1. For information, call the Town Clerk's Office at 739-6931, x 120



McCooks Pavilion

EAST LYME

Located on Long Island Sound, midway between New York and Boston, East Lyme is a coastal New England Town enhanced by its additional frontage along the Niantic River and the diversity of its population and land uses.

East Lyme is characterized by beach communities, a traditional seaside village center along Route 156, a busy commercial corridor along Route 161, quiet residential neighborhoods, vast open spaces and substantial rural character. East Lyme's natural setting includes expansive water views and winding rural roads through a more rugged wooded upland terrain. East Lyme's people come together in a sense of community that supports activities ranging from youth sports to community parades.

6th Annual Touch-A-Truck Event

On Saturday, May 18, 2013 (rain date Sunday), the East Lyme Auxiliary of Child and Family Agency of Southeastern Connecticut and the East Lyme Parks and Recreation Department will co-sponsor our sixth annual Touch-A-Truck event. This is a family event that will take place from 9:00 a.m. to 2:00 p.m. at McCook Point Park in Niantic, CT.

An event not to be missed, the Touch-A-Truck experience is for one and all, big and small, spend some time with us and have yourself a ball. It's an educational experience that will make you a "hero" with your child/grandchild. Children can climb various vehicles, sit in the driver's seat and discover the world of trucks. They will be able to reach the sky in a cherry picker, see, touch, and interact with big trucks and learn their functions. This unique event will feature large trucks and heavy equipment from law enforcement, fire departments, commercial companies, industrial companies and rental companies.

Vehicle demonstrations will be conducted and we never know just who might make an appearance. In

addition there will be face painting and craft activities for the children as well as a free photo-op. Refreshments will be available for sale.

There will be a \$4.00 per person donation (ages 3 and up) to benefit the Child and Family Agency of Southeastern Connecticut.

Child & Family's mission is to promote the well-being and development of all children and their families, in particular to give priority to the unmet needs of children lacking physical, emotional and intellectual care and nurturing.

Programs deal with child abuse prevention, the treatment of family violence, teen pregnancy, children's health care, childcare, parent education and children's mental health. Last year families were served in 67 towns in New Haven, Middlesex and New London Counties, the Child & Family Agency service region. Visit our website to learn more, to volunteer or to donate: www.childandfamilyagency.org

For more information call Child & Family Agency at 860-443-2896, Ext. 1403.

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Public Works

Leaf Collection Schedule 2013

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

Week of May 13, 2013

Week of June 3, 2013

Week of July 15, 2013

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.

Single Stream Recycling

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

No other containers are used for recycling. A gray recycling can is the only one that will be picked up. Recycling collection has been moved to a cycle of every other week. To view the single stream recycling calendar visit our web site at www.eltownhall.com/publicworks.

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

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

Single Stream Recyclables

Acceptable Items

Newspapers and inserts

Magazines/brochures

Cardboard

Paper bats

Paperboard boxes (e.g., cereal, egg cartons)

Junk mail

Phone books/catalogues

Hard and soft cover books

White and colored paper

Envelopes (including window)

File folders

School paper

Shredded paper

Multi 3 ply paper

All glass food/beverage containers

Tin cans

Aluminum cans

Aluminum foil (clean)

Aluminum pots and pans

Juice and milk cartons

Plastic milk jugs

Plastic soda bottles

Detergent bottles

All plastic #1 - #7

Small metals

Empty aerosol cans

Plastic buckets and crates

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

Unacceptable Items

Not allowed – food waste in any containers

Needles or syringes

Hazardous or biohazard waste

Trash or bagged material

All other non-recyclable items

SEE OUR CHART ON PAGE 28



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Jonathan White
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- explanation of the Title 19 process

Niantic 860.739.7631
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New London 860.443.8355
www.fulton-theroux.com



East Lyme Regional Theater



East Lyme Regional Theater will celebrate their 4th year as a vibrant successful theater group producing high quality musical theater productions. This August they will proudly present a wonderful Tony award Winning Musical at East Lyme High School. Auditions will be in May. The show and dates will be announced soon.

Visit www.eastlymeregionaltheater.com for more info.

Like us on Facebook - East Lyme Regional Theater for all the latest info.

EAST LYME PERFORMING ARTS CAMP

July 8 – July 12

Directed by East Lyme Regional Theater's own Artistic Director Erin Sousa-Stanley. Join us for a week full of Musical Theater for ages 4 through those entering 9th grade.

The theater camp will meet Monday through Friday 9:00-12:30 (location to be announced). 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. Each session ends with a fabulous performance for friends and family. Tuition for this week long program is \$160 per student and enrollment is limited. Further details and registration

forms will be available at eastlymeregionaltheater.com and Parks & Rec office.

Photos from August 2012 production of The Wiz.



Want to advertise?

Call Betty Martelle
at

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PARKS & BEACHES

Cini Park ~ Route 156, Main Street, Niantic / at one end of boardwalk

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

Little league, Pee-Wee football

Veteran's Memorial Park ~ 10 Memorial Park Road, Niantic

Baseball, softball

Public Safety

Top 10 Spring Cleaning Safety Tips

Everyday we need to be careful when going about our household chores, but when you really start tearing the house apart and moving things around during spring cleaning, especially with all those cleaning supplies and equipment out, it is doubly important to keep safety in mind.

Do not rush because you are tired or in a hurry. This is really the most basic spring cleaning safety tip, and all the other ones, at least to a certain degree, stem from this one. Spring cleaning can be tiring work. Do not forget safety even if you have worked hard all day and want to get done. The better thing to do when you are exhausted is to stop and take a break, drink a glass of water, sit under a nice cool fan, and rest instead of being unsafe.

Be careful moving large pieces of furniture and appliances. Use proper lifting technique, keeping your back straight and lifting with your legs. Also, wear shoes when moving heavy items so you don't hurt your toes. Finally, if you feel it is just too heavy and you can't find someone else to do it for you, just don't move it. It won't be the end of the world to just clean around it. Always have spring cleaning safety in mind.

Be safe while on ladders and step stools. When doing a task, such as washing windows, where you need to be on a ladder use extreme caution. Do not lean too far to either side.

A good rule of thumb is that your belly button should not go beyond the sides of the ladder. Also, have someone available to hold the ladder steady for you if possible, and make sure before you step on them that the rungs are not wet, and you are wearing non skid shoes.

Be careful when walking on wet surfaces. This spring cleaning safety tip is really important every time you clean. Everyone knows how easy it is to slip on a wet floor. Make sure you take the proper precautions to keep from falling. Also, make sure others in your family, including children, are also warned of the wet floor to keep them safe. You may need to block small children's access to wet floors because they just don't understand not to run and slide on them.

Keep stairs, landings, and walkways clear of boxes, bags and other clutter. Spring cleaning is a great time to de-clutter your home, but you need to make sure all the boxes and bags of stuff you are getting rid of don't cause a safety concern. Make sure you place them outside walkways and especially away from steps and stairs where someone may trip on them.

Don't carry too much stuff at once, especially on stairs. During spring cleaning you will also probably go up and down your stairs a lot carrying things if you live in a home with stairs. Make sure you keep a hand free to hold onto the stair railing. Also, whether you have stairs or not, always make sure you can see over the load you are carrying so you do not trip.

Always follow cleaning product label safety instructions and recommendations. Cleaning supplies can create nasty fumes, so make sure you get some fresh air by opening windows, turning on the exhaust fan, or placing a fan in the room. In addition, do not mix ammonia and bleach together, both of which are common household cleaners, because they create toxic fumes when combined. When it doubt don't mix, just use one product to get the job done. You should also wear rubber gloves to keep your hands from getting dry and cracked from the hot water and chemicals.

Wear a mask when cleaning dusty areas. This may seem like overkill to some, but if you are at all allergic to dust this tip is very important.

Do not leave buckets filled with water around your home.

Even if you need to take a quick break make sure you empty that cleaning bucket, or at least put it in an inaccessible area. Even small amounts of water are a drowning hazard for small children.

Put away all your cleaning supplies when you are done. Cleaning supplies are an attractive nuisance for our children and pets, something inviting that they should definitely not be getting into. Put the cleaning products away in a childproof cabinet for your children's safety and well-being as soon as you are done with them.

Use these spring cleaning safety tips to have a safe and productive spring cleaning!

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Community Bulletin Board

Men's Softball League Organizational Meeting

The League is scheduled to begin play mid-May. All games are played at Samuel M. Peretz Park @ Bridebrook. The Department is currently accepting Teams for the 2013 season. Please contact Carol @ Parks & recreation for more information. Reminder: Meeting March 19th at 6:30 pm in the Parks & Recreation Office.

Hershey's Track & Field Games

Hersey Track & Field Games for Boys & Girls ages 9 -14.
Friday, May 17
Meet begins at 6:00 pm
New London High School
Pre-Registration: May 1

Summer Playground & Extended Care

Children entering 1st – 6th Grade
June 24 – August 9 (No Program 7/4)
Monday – Tuesday – Wednesday – Thursday – Friday
Time: Playground – 8:30 am – 1:00 pm
Extended – 1:00 pm – 5:00 pm (offered by the week only)
\$200.00 Residents/ \$300.00 Non Residents for Playground
\$55.00 Residents / \$100.00 Non Residents for
Extended Care
Registration: Begins Wednesday, May 29th at the
Parks & Recreation Office

Summer "Hang-out for a Cause"

Weekly Program for East Lyme Residents Only
Children entering 7th Grade to Age 15
June 24 – August 9 (No Program 7/4)
Monday – Tuesday – Wednesday – Thursday – Friday
8:30 am – 1:30 pm
Fee TBA
Location: East Lyme Youth Services
Registration: Begins Wednesday, May 29th at the
Parks & Recreation Office

Summer Employment

We are accepting application for Lifeguards, Boardwalk Attendants, Gate Attendants and Playground Counselors. If you have your Lifeguard Certificate/CPR Certification or like working with children, stop in our office and pick up an application.

U.S. Amateur Ballroom Dance Association Dances

1st Saturday of each month – 6:30 pm-11:00 pm
3rd Friday of each month – 7:00 pm-10:00 pm
East Lyme Library & Community Center
Activity Room.

For more information contact:

Russell Carr (860) 574-4303

or www.usadancenewlondonct.com

Anyone interested in ballroom dancing is welcome!

Shoreline Swing Dances

3rd Saturday of each month – 8:00 pm-11:00 pm
(Lessons from 7:00 pm-8:00 pm)

3/16 High Times

4/20 Love Dogs

5/18 The Convertibles

6/15 Loaded Dice

Admission: Members, seniors, Military & Students - \$11

Non-Members - \$14

For more information contact:

Karen Griswold @860-445-0582

or www.shorelineswingct.org

Duplicate Bridge Games

Duplicate Bridge games are associated with the American Contract Bridge League. This is ongoing and pre-registration is not required.

March 19 – June 25 / Tuesdays / 10:00 am – 2:00 pm

\$5.00 per person, per day

East Lyme Library/Community Center – Activity Room

Instructor: Pat Kelsey

East Lyme Judo

For Ages 7 and up / Flanders Elementary School Gym.

Session III: March 5 – May 9 Cost \$30.00

Session IV: May 14 – June 13 Cost \$15.00

Class Times: Tuesday - 6:00 pm-7:30 pm – Beginners & Intermediate Mixed Class. Thursday - 6:00 pm-7:30 pm-Intermediate/Adults Class (Advanced Techniques)

Classes do not meet when school is closed

For more information contact:

Tony Pezzullo: (860) 739-0417 apezzull@gdeb.com

The next deadline for East Lyme Events is April 26

CT Trails Day

CT Trails Day - Educational Walk
 Saturday, June 1st. 10:00 a.m. to 12:00 p.m.
 Oswegatchie Hills Nature Preserve

Join David Putnam and Greg Decker, of the Friends of Oswegatchie Hills Nature Preserve, for this 4th Annual Connecticut Trails Day Hike. Points of interest will include: Smith Cove Overlook, 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 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 at dputnam@eltownhall.com.

East Lyme Shred Day

Saturday, May 4th
 East Lyme Community Center Parking Lot
 37 Society Road, Niantic, CT
 9:00 am - 12:00 pm

Bring your old sensitive personal and financial papers needing shredding. Bulk Shredder on site.

Information by calling East Lyme Senior Center at 860-739-5859. A home pick up can be arranged if necessary - call by May 1st.

Asking for a non-perishable food item for Care & Share. Sponsored by the East Lyme Police Benevolent Association. Supported by the East Lyme TRIAD.

National Medication Take Back Day

Saturday, April 27th
 10:00 am - 2:00 pm

Bring your expired or unused medications for proper disposal to the East Lyme Community Center lobby.

An East Lyme police officer will be on the premises. Sponsored by the East Lyme Police - East Lyme Public Schools - East Lyme Senior Center - East Lyme Youth Service Association.



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

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Saturday ~ Piano

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Parks & Recreation Programs

Ages 12 months - 5 Years Old

Parent & Baby Play

Session #450101-01

Build a wonderful bond with your child (13-24 months) and other parent/child groups in an environment made for fun.

Dates: April 19 – May 24
 Days: Friday
 Time: 9:10am – 9:55am
 Fee: Resident \$25/Non Resident \$30
 Registration: Begins April 3
 Where: Olive C. Room
 Instructor: Paula Jessuck

I'm Two Session

450201-01

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

Dates: April 15 - May 20
 Days: Monday
 Time: 10:15 am – 11:00 am
 Fee: Resident \$25.00/Non-Resident \$30.00
 Registration: Begins April 3
 Where: East Lyme Library/Community Center
 Olive Chendali Room
 Class Size: Min 4/Max 10
 Instructor: Paula Jessuck

Crafts for Two's

Session #450301-02

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

Dates: April 16 to May 21
 Days: Tuesday
 Time: 9:15 am – 9:45 am
 Fee: Resident \$25.00/Non-Resident \$30.00
 Registration: Begins April 3
 Where: Youth Center
 Instructor: Paula Jessuck

Creative Art For Kids

Session# 450301-01

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: April 15– May 20
 Days: Monday
 Time: 9:15 am – 10:00 am
 Fee: Resident \$25.00/Non-Resident \$30.00
 Registration: Begins April 3
 Where: Lyme Library/Community Center
 Youth Services
 Class Size: Min 4/Max 10
 Instructor: Paula Jessuck

Young Explorers

Session #450401-01

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

Dates: April 16- May 21
 Days: Tuesday (New Day & Time)
 Time: 9:50am – 10:30 am
 Fee: Resident \$25.00/Non-Resident \$30.00
 Registration: Begins April 3
 Where: East Lyme Library/Community Center
 Youth Center
 Class Size: Min 4/Max 10
 Instructor: Paula Jessuck

Tot Gym

Session #450501-01

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: April 19 – May 24
 Days: Friday
 Time: 10:15 am – 11:00 am
 Fee: Resident \$25.00/Non-Resident \$30.00
 Registration: Begins April 3
 Where: East Lyme Library/Community Center
 Smith Harris Room
 Class Size: Min 4/Max 10
 Instructor: Paula Jessuck

Music Together

Session # 440101-01

“Music Together®” is an innovative, thoroughly researched approach to early childhood music and movement for age’s birth to 5 years old. The playful activities stimulate growing minds and bodies. All illustrated songbook, CD, and parent guide are included to continue the fun at home. For more info

contact Jessica @ www.musictogetherct.com
 Dates: April 3 – June 12 (No class 4/17)
 Days: Wednesday
 Time: 10:00 am – 10:45 am
 Fee: Participant \$170.00/Sibling \$90.00
 (Siblings 8 months & younger are free)
 Registration: Begins March 27
 Where: East Lyme Library/Community Center
 Olive C. Room
 Class Size: Maximum 12
 Instructor: Anna

Yoga for Kids, Ages 3 & 4

Session # 420201-01
 In this class, through games and activities, children will learn the basic movements of yoga. Yoga encourages the children to explore their natural flexibility and become stronger through natural and functional physical movement using their own body weight. Participants must bring a non-slip exercise mat.

Dates: April 23 – May 28
 Days: Tuesdays
 Time: 9:10 am – 9:45 am
 Fee: Resident \$25.00/Non-Resident \$30.00
 Registration: Begins April 3
 Where: East Lyme Library/Community Center
 P&R Conference Room
 Class Size: Min 4/Max 10
 Instructor: IRachel Baer-AFFA

Skyhawks Sports Programs

Registration for all Skyhawk programs will start on April 1 at P&R office or you can register now on-line with Skyhawks. For program descriptions, please visit www.skyhawks.com or call Parks & Rec office.

Skyhawks Sports Program - Tiny Hawks (Ages 3 & 4)

Session # 160201-01
 (This is a "Parent & Child team" camp. Adult participation is highly encouraged).
 Dates: June 24 – June 28 M-F
 Time: 9:00 am – 9:50 am
 Fee: Participant \$65.00
 Where: Samuel M. Peretz Park @ Bridebrook

Skyhawks Sports Program - Tiny Hawks (Ages 3&4)

Session #160201-02
 (This is a "Parent & Child team" camp. Adult participation is highly encouraged.)
 Dates: August 5 – August 9 M-F
 Time: 9:00 am – 9:50 am

Fee: Participant \$65.00
 Where: Samuel M. Peretz Park @ Bridebrook

Skyhawks Sports Program - Mini Hawks (Ages 4 - 7)

Dates: June 24- June 28 M-F Session 160201-03
 July 15 – July 19 M-F Session 160201-04
 August 5 – August 9 M-F Session 160201-05
 Time: 9:00 am – 12:00 pm
 Fee: Participant \$109.00 per session
 Where: Samuel M. Peretz Park @ Bridebrook

Skyhawks Sports Programs - Tennis (Ages 7 – 12)

Dates: June 24 – June 28 M-F Session 160201-06
 July 8 – July 12 M-F Session 160201-07
 July 22 – July 26 M-F Session 160201-08
 Time: 9:00 am – 12:00 pm
 Fee: Participant \$109.00 per session
 Where: East Lyme High School – Tennis Courts

Skyhawks Sports Programs - Track & Field (Ages 7 – 12)

Session # 160201-09
 Dates: July 1 - July 4 M-T
 Time: 9:00 am – 12:00 pm
 Fee: Participant \$89
 Where: East Lyme High School – Track

Skyhawks S.N.A.G Golf (Ages 5-8)

Session #160201-10
 Dates: July 29 – August 2 M-F
 Time: 9:00 am – 12:00 pm
 Fee: Participant \$109.00
 Where: Samuel M. Peretz Park @ Bridebrook

Skyhawks Beach Volleyball (Ages 10-14)

Session#160201-11
 Dates: July 15 – July 18 M-T
 Time: 6:00 pm-8:00 pm
 Fee: \$70.00
 Where: McCook Point Park Beach

Skyhawks – Multi-Sport (Ages 7-10)

Session # 160201-12
 Dates: July 15 – July 19 M-F
 Time: 9:00 am-1:00 pm
 Fee: \$115.00
 Where: Sam Perez Park – Bridebrook

Continued on page 14

Parks & Rec ... continued from page 13

Skyhawks – Basketball (Ages 5-8) NEW

Session #160201-13

Dates: July 8 – July 12 M-F
Time: 9:00am – 12:00pm
Fee: \$109.00
Where: Sam Peretz Park – Bridebrook

Skyhawks – Multi-Sport (Ages 7 -12) NEW

(Flag Football, Capture the Flag, Ultimate Frisbee & Kickball)

Session #160201-14

Dates: July 29 – Aug 2 M-F
Time: 9:00am – 1:00pm
Fee: \$115.00
Where: Sam Peretz Park - Bridebrook

Parks & Rec Youth Programs

Beginning Foil One – Ages 10 & Older

Session # 480101-01

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

Dates: March 28 – May 16
Days: Thursday
Time: 6:30 pm – 8:00 pm
Fee: Resident \$65.00/Non-Resident \$70.00
(Includes Equipment)
Registration: Begins March 20
Where: Lillie B. Haynes Elementary School
Gymnasium
Instructor: Thames River Fencing Club



Intermediate Foil Two – Ages 10 & Older

Session # 480201-01

Intermediate Foil is a prerequisite. This class builds upon the skills introduced in Int. Foil and covers a variety of

foot-work and blade work techniques. Also covered are the development of strategies and tactics, including second intention actions and counter-timing. The emphasis in Intermediate Foil is mastery of advanced techniques and the development of tactical sense in bouting situations.

Dates: March 26 – May 14
Days: Tuesday
Time: 6:30 pm – 8:00 pm
Fee: Resident \$65.00/Non-Resident \$70.00
(Includes Equipment)
Registration: Begins March 20
Where: Lillie B. Haynes Elementary School
Gymnasium
Instructor: Thames River Fencing Club

Intermediate/Advances Intermediate

Session #480301-01

See description for Intermediate above. Advanced would be a continuation of the Intermediate class.

Dates: May 21 – June 4
Days: Tuesday & Thursday
Time: 6:30 pm – 8:30 pm
Fee: Resident \$65.00/Non-Resident \$70.00
(Includes Equipment)
Registration: Begins May 9
Where: Lillie B. Haynes Elementary School
Gymnasium
Instructor: Thames River Fencing Club

Gold Medal Squared Volleyball Camp

Session#140301-01

For girls entering 9th grade through 12th grade.

Dates: August 5 – August 8
Days: Monday - Thursday
Time: 8:00 am – 5:00 pm
Fee: \$205 -EL/Salem Residents
\$210.00 - Non-Residents
Registration: Begins April 22
Where: East Lyme High School
Contact: Carol Rossiter (860) 739-5828

Parks & Rec Adult Programs

Morning Aerobics

Session # 410101-01

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

Dates: April 29 – June 14 (No class 5/27)
Days: Monday –Wednesday - Friday
Time: 8:45 am – 9:45 am
Fee: Resident \$50.00/Non-Resident \$55.00
Registration: Begins April 17
Where: East Lyme Library/Community Center

Activity Room
Instructor: Sue Roos AFFA/Donna Neaton AFFA

Coed Cardio and Total Body Conditioning

Session # 410201-01

This is a Cardio and strength training class using hand held weights, bands and tubing. 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: April 29 – June 19 (No class 5/27)
Days: Monday – Wednesday
Time: 5:00 pm – 6:00 pm
Fee: Resident \$45.00/Non-Resident \$50.00
Registration: Begins April 17
Where: East Lyme Library/Community Center
Activity Room
Instructor: Donna Neaton-AFFA

Zumba Aerobics

Session #310103-02

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: March 11 – April 24 (No class 4/10)
Days: Monday – Wednesday
Time: 3:55 pm – 4:55 pm
Fee: Resident \$40.00/Non-Resident \$45.00
Registration: Begins Feb 27
Instructor: Donna Neaton AFAA/Zumba Instructor

Zumba Aerobics

Session #410103-01

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: April 29 – June 19 (No class 5/27)
Days: Monday – Wednesday
Time: 3:55 pm – 4:55 pm
Fee: Resident \$45.00/Non-Resident \$50.00
Registration: Begins April 17
Instructor: Donna Neaton AFAA/Zumba Instructor

Tuesday Zumba

Session #410103-02

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

Dates: April 23 – July 30
Days: Tuesdays
Time: 5:30pm – 6:25pm
Fee: Residents \$50.00 Non-Resident \$55.00
Registration: April 17
Where: East Lyme Library/Community Center
Activity Room
Instructor: Donna Neaton AFAA/Zumba Instructor

Saturday Morning Zumba Aerobics

Session #410103-03

This 1 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: April 6 – June 29 (No class 4/13)
Days: Saturdays
Time: 8:30 am – 10:00 am
Fee: Resident \$50.00/Non-Resident \$55.00
Registration: Begins March 27
Instructor: Donna Neaton AFAA/Zumba Instructor

Stott Pilates Mat & Reebok Flexible Strength – Beg/Intermediate

Session # 410301-01

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 post natal, breast cancer rehabilitation, hikers, aquatics, ball classes and anyone interested in exercise. Participants are required to bring a non-slip exercise mat.

Dates: May 7 – June 18
Days: Tuesday
Time: 6:30 pm – 7:10 pm
Fee: Resident \$30.00/Non-Resident \$35.00
Registration: Begins May 1
Where: East Lyme Library/Community Center
Activity Room
Instructor: Kim Stirtan-BSPE, ACE & Stott Pilates

Stott Pilates Mat & Reebok Flexible Strength Advanced

Session # 410302-01

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: May 7 – June 18
Days: Tuesday
Time: 7:15 pm – 8:15 pm

Continued on page 16

Parks & Rec ... continued from page 15

Fee: Resident \$45.00/Non-Resident \$50.00
 Registration: Begins May 1
 Where: East Lyme Library/Community Center
 Activity Room
 Instructor: Kim Stirtan-BSPE, ACE & Stott Pilates

Monday Coed Yoga

Session # 410501-01
 Class is for all levels of students. Students will learn postures, deep relaxation, and breathing techniques. Participants are required to bring a non-slip exercise mat.
 Dates: April 29 – June 24 (No Class 5/27)
 Days: Monday
 Time: 6:10 pm – 7:25 pm
 Fee: Resident \$40.00/Non-Resident \$45.00
 Registration: Begins April 17
 Where: East Lyme Library/Community Center
 Activity Room
 Instructor: Rosemary Gentile - RYT

Wednesday Night Coed Yoga and Meditation

Session # 410502-01
 Class is for all levels of students. Students will learn postures, deep relaxation, and breathing techniques. This class will begin with the regular class from 6:30 – 7:45pm and follow with an optional meditation from 7:50-8:15pm. Participants are required to bring a non-slip exercise mat.
 Dates: April 10 – June 26
 Days: Wednesday
 Time: 6:30 pm – 8:15 pm
 Fee: Resident \$60.00/Non-Resident \$65.00
 Registration: Begins March 27
 Where: East Lyme Library/Community Center
 Activity Room
 Instructor: Michelle Flowers, Certified Kripalu Yoga

Total Fitness

Session # 410104-01
 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: April 30 – June 13
 Days: Tuesday – Thursday
 Time: 10:15 am – 11:15 am
 Fee: Resident \$50/\$25 (1day)
 Non-Resident \$55/\$30 (1day)
 Registration: Begins April 17
 Where: East Lyme Library/Community Center
 Smith-Harris Room
 Instructor: Donna Neaton AFFA & Kim Stirtan-BSPE, ACE & Stott Pilates

Stability Ball Plus

Session 410403-01
 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: March 7 – May 2 (No class 4/11)
 Days: Thursdays
 Time: 4:45 pm – 5:45 pm
 Fee: Resident \$35.00/Non-Resident \$40.00
 Registration: Begins Feb 27
 Where: East Lyme Library/Community Center
 Smith-Harris Room
 Instructor: Donna Neaton AFFA/Zumba Instructor

Stability Ball Plus

Session 410403-02
 Dates: May 9 – June 27
 Fee: Resident \$35.00/Non-Resident \$40.00
 Registration: Begins May 2

Women’s Recreational Volleyball

Session # 410601-01
 For women ages 18 and over.
 Dates: April 2 – May 21
 Days: Tuesday
 Time: 7:30 pm – 9:00 pm
 Fee: Resident \$20.00/Non-Resident \$25.00
 (Drop In: \$4.00)
 Registration: Begins March 27
 Where: East Lyme Middle School Gymnasium
 Instructor: Leslie McKiernan

Adult Co-Ed Volleyball

Session # 410602-01
 For adults ages 18 and over.
 Dates: April 2 – June 4
 Days: Tuesday
 Time: 6:30 pm – 8:30 pm
 Fee: Resident \$25.00/Non-Resident \$30.00
 (Drop In:\$4.00)
 Registration: Begins March 27
 Where: East Lyme Middle School Gymnasium
 Instructor: Cathleen Aquino

Dog Obedience - Beginners

Session # 430201-01
 This class will teach the basic skills and work towards taking the dog off the leash. The first class is held in the Parks & Recreation Conference Room without the dog. Participants must provide proof of rabies and parvo at the time of registration. The dog must be 4 months and older.

Dates: April 15 – June 24 (No class 5/27)
 Days: Monday
 Time: 5:15 pm – 6:15 pm
 Fee: Resident \$50.00/Non-Resident \$55.00
 Registration: Begins April 3
 Where: East Lyme Library/Community Center
 Lower Level Parking Lot
 Instructor: Barbara Keck

Dog Obedience - Novice

Session # 430202-01

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

Dates: April 15 – June 24 (No class 5/28)
 Days: Monday
 Time: 6:30 pm – 7:30 pm
 Fee: Resident \$50.00 Non-Resident \$55.00
 Registration: Begins April 3
 Where: East Lyme Library/Community Center
 Lower Level Parking Lot
 Instructor: Barbara Keck

Ballroom Dance – Beginner Lessons

Session # 430101-01

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

Dates: April 4 – May 23
 Days: Thursday
 Time: 6:00 pm – 7:00 pm
 Fee: Residents \$45.00/Non-Residents \$50.00
 Registration: Begins March 20
 Where: East Lyme Library/Community Center
 Activity Room
 Instructor: Marjorie Winslow

Ballroom Dance – Intermediate Lessons

Session # 430102-01

The Intermediate Class will include instruction in cha-cha, foxtrot, tango and swing.

Dates: April 4 – May 23
 Days: Thursday
 Time: 7:00 pm – 8:00 pm
 Fee: Residents \$45.00/Non-Residents \$50.00
 Registration: Begins March 20
 Where: East Lyme Library/Community Center
 Activity Room
 Instructor: Marjorie Winslow

Ballroom Dance – Advanced Lessons

Session #430103-01

The Advanced Class will include instruction in Silver Syllabus material.

Dates: April 4 – May 23
 Days: Thursday
 Time: 8:00 pm – 9:00 pm
 Fee: Residents \$45.00/Non-Residents \$50.00
 Registration: Begins March 20
 Where: East Lyme Library/Community Center
 Activity Room
 Instructor: Marjorie Winslow

Registration Policies

The East Lyme Parks and Recreation Department reserves the right to reschedule, relocate, or cancel any announced program due to facility availability and public response. The Parks and Recreation Department may also establish minimum or maximum class sizes to ensure appropriate instructor-to-participant ratios. Program Registration Hours: Monday-Friday 8:30 - 4:30 p.m.

Directions: 95 South / Take Exit 74; turn right onto Flanders Rd (CT-161) & continue for approx. 1 mile. Turn right 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 (see above).

There are two ways to register for programs: In person at the Parks and Recreation Department office in the E. Lyme Library/Community Center on Society Road or by mail (Mailing address: 41 Society Rd., Niantic, CT 06357). Programs limiting the number of participants will be determined on a first-come-first-served basis. Non-residents will be charged an additional \$5 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.

Registration Form on page 27

East Lyme Public Library

Welcome to your Library! Whether you venture out to see us in person or enjoy the access to a wealth of information from the comfort of home, you won't be disappointed. All you need is your free library card to begin exploring. There is always something happening at the library - check us out! Here is a sampling of what we offer in the library and remotely: The latest bestsellers! You can reserve or renew library materials in person or through the library's website (<http://ely.lioninc.org>) and clicking on the "My Account" tab and logging in with your 14-digit barcode. Museum Passes are available for free or reduced admission to many local attractions. Download an ebook or audiobook through Overdrive to your ereader, tablet or mobile device. You have access to a collection of thousands of the latest fiction and non-fiction titles. Learn a new language with Mango. Mango uses common, everyday conversations, incorporating vocabulary, pronunciation, grammar, and culture in an online-learning environment. And, there's a mobile Mango app as well. Broaden your horizons and learn something new with UniversalClass. Over 500 online non-credit classes in subjects like cooking, psychology, history, computers, and art are offered. Do-it-yourself mechanics will appreciate ChiltonLibrary.com. Access to photographs, diagnostics and step-by-step repair procedures, maintenance schedules,

wiring diagrams, recalls and technical service bulletins for automobiles and light trucks is all in one place. Find a magazine article in iCONN. Here you'll find a huge collection of reliable and reputable sources of magazine and newspaper articles, reference books, health and business information, biographical and genealogical information and more.

If you work with a non-profit organization you will want to search for potential funders through the Foundation Directory Online, a unique database containing information on nearly 100,000 foundations, corporate donors and grantmaking charities in the U.S. Story times, programs, book clubs and film discussions! Join the fun of discussing a good book or intriguing film. Children's story times take place daily. Book groups and film discussion groups meet monthly. Check the library's website for the current schedule of exciting, entertaining and educational programs for the whole family.

Library Hours - Your librarians are available to assist you on Mondays, Tuesdays, and Wednesdays, 9 am - 9 pm; Thursdays, 9 am - 6 pm; Fridays, 9 am - 5 pm; Saturdays, 10 am - 4 pm and Sundays, 1 pm - 4 pm. Weather related closings and delays will be announced on the library answering machine (860-739-6926), and posted on the website.

Library Adult Program Schedule

April

Laughter Yoga with Laura Le - Saturday, April 6 - 2 pm
Phil Rosenthal Performs - The well-known folk/bluegrass musician and former Connecticut State Troubadour is back for a live performance, Tuesday, April 9 at 7:00 pm.

Film Discussion - *Rear Window* - Wednesday, April 17 - 5:30pm for film screening, discussion follows screening.

Screen Free Week April 29 - May 5 - Family Trivia Night Tuesday, April 30 - 7:00 pm.

May

Make Your Own Cigar Purse Box - Vanessa Fasanella will instruct you in making a cigar purse box. Tuesday, May 7 - 7:00 pm.

GMO Food Talk - Tara Cook-Littman and Beth Beisel will educate consumers about the dangers of Genetically Modified Organisms in our foods. Wednesday, May 8 at 7 pm.

The Curse - *Big-Time Gambling's Seduction of a Small New England Town* - Author Robert H. Steele will discuss his book. Tuesday, May 14 at 7:00 pm.

Democracy in the Making - *The Open Forum Lecture*. Author Arthur Meyers will discuss his book. Wednesday, May 15 at 7:00 pm.

Film Discussion - *Argo* - Wednesday, May 15 - 5:30pm for film screening, discussion follows screening.

Continued on next page

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 Wednesday 7am - 12pm
 Sunday 8am - 4pm



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Library ... continued from previous page

A Storm Too Soon: A True Story of Disaster, Survival and Incredible Rescue. Bestselling Author Michael Tougias will discuss his book. Tuesday, May 21 at 7:00 pm.

June

Gettysburg: 150 Year Anniversary - Civil War Historian Matt Bartlett will discuss his latest research. Tuesday, June 11 at 7:00 pm.

Civil War Songs - Rick Spencer will perform Civil War songs, including, "Children of the Battlefield". Tuesday, June 18 - 7:00 pm.

Summer Solstice Harp Concert - Allyn Bryson Donath presents her annual harp concert to welcome summer. Wednesday, June 19 - 7:00 pm.

Film Discussion - *Skyfall* - Wednesday, June 19 - 5:30 pm for film screening, discussion follows screening.

July

Film Discussion - *Lincoln* - Wednesday, July 17 - 5:30 pm for film screening, discussion follows screening.

August

Andy Sherwood Jazz Duo - Andy Sherwood will perform Jazz selections of the 1920s and 1930s on clarinet and saxophone. Wednesday, August 14 - 7:00 pm.

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. 5/31 *Something Missing* by

Matthew Dicks; 6/27 *The Prophet* by Michael Koryta; 7/25. *A Killing in the Hills* by Julia Keller; 8/29 *Standing in Another Man's Grave* by Ian Rankin. 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. 5/14 *The Painted Girls* by Cathy Marie Buchanan; 6/11 *The Last Runaway* by Tracy Chevalier; 7/9 *Mrs. Lincoln's Dressmaker* by Jennifer Chiaverini; 8/13 *The House Girl* by Tara Conklin. No registration necessary.

All programs are free and open to the public. Unless otherwise noted, 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 Library
39 Society Road, Niantic, CT 06357
860-739-6926
<http://ely.lioninc.org>*



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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. Look for the Senior Center tab on the left side of the home page. If you would like the newsletter emailed to you, contact the Senior Center office.

Commission on Aging - The Commission on Aging Board meets the 2nd Monday of every month except for August. The meetings are held at the East Lyme Senior Center at 6:00 pm. The public is welcome to attend.

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

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

Senior Lunches - The Senior Center and TVCCA provide lunches with a 24 hour reservation Tuesday through Friday at 11:45am. Monthly menus are printed in The Courier newsletter.

The Bistro - Every Monday, the Senior Center will offer a bistro meal ranging from sandwiches to hot entrees. All welcome - no age restriction. 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 11:45am.

Meals on Wheels - The Senior Center and TVCCA provide Meals on Wheels Monday through Friday to East Lyme seniors age 60 and over who are temporarily or long term home-bound. Please contact TVCCA for eligibility at 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 the 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, March 5th - Join us for a Tony Kenny's Irish Celebration at the Aqua Turf in Plantsville, CT. Trip fee is \$80pp. Registration has begun. Minimal walking.

Thursday, April 11th - Newport Playhouse & Cabaret in Newport, RI to see "Spread it Around". Trip fee is \$75pp. Registration has begun. Minimal walking.

Saturday, April 27th - New York City on your own. Trip fee is \$46pp. Registration has begun. Lots of walking.

Thursday, May 2nd - Emerson Place - home to the World's Largest Kaleidoscope and then to Stucki Embroidery Works - tour of the factory. Trip fee is \$92pp. Registration begins March 1st. Moderate walking.

Tuesday, May 14th - Federal Hill or "Little Italy" in Providence, RI. Trip fee is \$71pp. Registration begins March 1st. Moderate walking.

Thursday, May 30th - Fenway Park Tour & Boston Duck Tour. Trip fee is \$79pp. Registration begins March 1st. Lots of walking.

Thursday, June 13th - Theater by the Sea for "Nonsense". Trip fee is \$80pp. Registration begins April 1st. Minimal walking.

Tuesday, June 18th - Whale Watch out of Boston, MA. Trip fee is \$64pp. Registration begins April 1st. Moderate walking.

Thursday, June 27th - Georgia O'Keefe Exhibition in Glen Falls, NY. Trip fee is \$67pp. Registration begins April 1st. Moderate walking.

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Overnight Trips/Cruises - Open to any person 55+.

Mar 7-20 - The Plains of Africa – Kenya Wildlife Safari. Prices begin at \$7199.

Apr 19 - May 1 - The Best of Portugal including the Islands. Prices begin at \$3969.

May 28-29 - One Show Only - The Shoji Tabuchi Show Branson's #1 Show! Registration begins March 1st.

NEW FOR SPRING

Indoor Bocce – Thu at 11:30am through May – stay active even though it's cold outside! Fun, informal, good time.

Beginner Bridge Lessons – 8 weeks starting Thu, Mar 14th at 9:30am. Here is your chance to learn the basics. \$24 for residents - \$29 for non-residents. Registration begins Mar 1st.

Pickleball Clinics - Fri, Mar 15th starting at 11:30am and 2:00pm based on your level of play. Improve your game. \$10pp – no residency issues! Registration begins Mar 1st.

Intro to Chinese Watercolor – Thu, Mar 21st at 1:00pm – Come meet XianYan Xia and get introduced to Chinese Watercolor. See what you can do and what supplies you will need. Beginner classes will start in May. Register beginning Mar 1st for the Intro class.

Matter of Balance Class - 4 weeks starting Apr 10th – Wed at 2:00pm and Sat at 10:00am. Learn about fall prevention practices – discuss fears & feelings about falls – learn chair exercises for strength and balance. \$24 for residents - \$29 for non-residents. Registration begins Apr 1st.

Intermediate Bridge Lessons – 8 weeks starting Wed, May 1st at 10:00am. Improve your game. \$56 for residents - \$61 for non-residents. Registration begins Apr 1st.

FITNESS CLASSES

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

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

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

CHAIR YOGA: Tues & Fri 10:00 am to 11:00 am – Residents \$36.00 / 24 classes – Nonresidents \$41.00 / 24 classes. Pass required.

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

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

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

PACE: Thu 1:00 pm to 2:00 pm – Session Class – Call for class fee & schedule - People with Arthritis Can Exercise program was developed specifically for people with arthritis.

PICKLEBALL: Sat 11:00am to 1:00pm -\$1pp drop in fee – Thru April. No residency issues. For adults only.

DANCE CLASS

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

CRAFTS

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

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

GAMES/CARDS

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

CANASTA: Canasta played on Mon from 1:00 pm to 3:00 pm. Will teach interested players. No fee.

MAH JONGG: Tue 9:30 am to 11:30 am & Tue 1:00 pm to 3:00 pm. No fee. Must know the game.

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

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

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

DOMINOES: Mexican Train Dominoes played on Thu from 10:00 am to 12:00 pm. Will teach interested players. No fee.

Continued on page 23

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Park and Beach - McCook's & Niantic Bay Boardwalk

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. Our parks are tobacco free.

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. The new Restroom facility was completed in October 2012 and will be open for spring. We appreciate everyone's cooperation during the construction phase. Restrooms will remain open until mid-November as weather permits. Contact the Parks and Recreation office for Pavilion reservations/availability.

Niantic Bay Boardwalk: We are anticipating a late May to early June opening of approximately half of the boardwalk that is accessed from Cini Park. The Hole in the Wall access will remain closed as repairs are expected to begin on this portion in the spring.

Construction update: Amtrak Information/concerns regarding construction should be directed to the AMTRAK office phone number (860)451-8039 or visit the website at

www.amtrak.com/servlet/ContentServer?c=Page&pagename=am%2FLayout&cid=1246045294718

McCook Point Park/Hole N' Wall Parking Permits: Parking permits will go on sale Monday, May 6 at the Parks & Recreation Office. Permits will be sold from 8:30 am to 4:00 pm, Monday through Friday, throughout the season. From May 23 - June 27 the office will extend the office hours to 7:00 pm on Thursdays. To obtain a season permit, ALL applicants must present their car registration at the time of purchase. If you are new to Town, please bring your tax bill or lease to expedite the process. Please note, to avoid lines, mail in a copy of your registration, a copy of your latest tax bill (if your vehicle is not registered to and East Lyme/Niantic address), the applicable payment (check should be made payable to the TOWN OF EAST LYME) and a self addressed stamped envelope, and we will process your request and mail your beach pass to you.

Resident Seasonal \$30.00 (includes two walk-ins)

Resident Seasonal add'l vehicles \$20.00* (includes two walk-ins) *Patrons must be in the same family with the car registered to same address

Resident Senior 62 & over \$10.00 (includes two walk-ins)

Non-Resident Seasonal \$90.00 (included two walk-ins)

Resident Walk-in \$5.00

Non-Resident Walk-in \$20.00

Resident Day \$5.00

Non-Resident Day \$20.00

As of Saturday, May 25 (Memorial Day Weekend) all vehicles must have a parking permit to enter the park through September 2 (Labor Day). Park hours are 8:00 am to dusk. Lifeguards are on duty daily from 9:00 am to 5:00 pm, beginning June 22 through mid-August.

Pavilion Rental - The pavilion is available for full day or half day rental (9:00 am to 1:00 pm or 1:30 pm until dusk) during the summer season (Memorial Day weekend through Labor Day) for East Lyme/Niantic residents/taxpayers. Please contact the Parks & Recreation office for information and availability.

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Senior Center ... continued from page 21

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

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

EDUCATION/ENRICHMENT

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

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

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

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

HEALING TOUCH: 3rd Thu of every month 1:00 pm to 3:00 pm. Fee is \$10.00 for residents - \$12.00 for Non-residents. 30 minute sessions.

DANCES: Mar 1st – May 3rd – Jul 5th – Sep 6th - Nov 1st - 7:00 pm to 10:00 pm. Admission is \$9.00.

EVERY MONTH - Theme Meals & Musical Entertainment

Special Events - NEW! - Game Day the last Mon at 1:00 pm.

East Lyme Senior Center, 37 Society Road, Niantic, CT 06357

860-739-5859 / M- F 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 · Jan Larson - TVCCA Site Server

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Youth Services



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

Youth Services Commission - The East Lyme Youth Services Commission meets on the third Thursday of every month. The meetings are held at the Parks and Recreation Offices and begin at 6:00pm. The public is welcome to attend.

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

Registration Information - In order to attend our activities and programs, participants must turn in a signed registration form for each of the programs they attend. Registration forms are available at Youth Services, the Parks and Recreation office, ELMS cafeteria, and online at www.eltownhall.com. Registration forms and fees should be turned in to the Parks and Recreation Department offices from 8am-4pm or can be mailed to us. All payments by check should be made out to Town of East Lyme/ELYS with the participant's name and program in the memo section.

Cancellations - All cancellations will be posted on our website: www.eltownhall.com, and on our Facebook page. There will be no afterschool programs anytime there is no school (i.e. April vacation, days off).

Spring Programs and Activities: East Lyme Youth Services holds after-school activities to foster positive youth development throughout the school year.

Open Center - Monday thru Friday 3:00 – 5:30 pm. No fee (Registration Required). The program will be in the youth center 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 is a late bus available at 4 pm.

Sitter Survival - Tuesdays 3-4 pm April 2, 9, 23, 30 & May 7 and 14th 3-6 p.m. for CPR and First Aid Certification. \$75. Recommended for youth in 7th grade and up. Youth get a preparation course on how to properly engage and supervise children. We stress safety and responsibility in this fun and informative course designed to introduce youth to what is, for many, their first employment experience. This popular course fills up fast so register today.

ELMS Middle School Talent Show - Strut your stuff on the stage for a good cause! This year, the proceeds from ticket sales from the annual talent show will benefit Healing Newtown. This is a highly anticipated event every year. Come out and support the kids and their charity! Rehearsals will be on Mondays and Wednesdays for acts who try out and make it. Please call ELYS for more information.

Student Planning Association: - Wednesdays throughout the school year. 3-4 pm. Open to 5th-8th graders. No Fee. Youth meet after school, hang out and plan community service events. SPA teaches communication, perseverance, and leadership skills, all while staying active and connected to the community. A Late Bus is available. (There will be no SPA any time there is not a full day of school)

14th Annual Flanders 5K(ids) RUN and WALK - To benefit East Lyme Youth Services. April 28 starting at 10:00 am. Adults: \$15.00 Pre-registered, \$20 Race Day. Children (14 and under): \$8.00 Pre-registered, \$10 Race Day. The first 200 pre-registered participants will be guaranteed a t-shirt. Please visit our website for more information and registration forms.

New to the Center! Claudia Mathison holds degrees in art education and teaches at the Guilford Art Center, with Young Audiences of CT, and at libraries and museums throughout Connecticut. We are pleased to have her at ELYS as a course instructor.

Meet American Girl, Caroline Abbot - Saturday, March 16th 10:00 am. - 12:00 pm. \$20. Age 5 and older. What was life like for a young girl growing up in the 1800s? Learn about Caroline's adventures on the high seas, while designing a "copy book" and writing with a quill pen. American Girl stories, games, and refreshments too! AG books and accessories for sale with a percentage donated to ELYS. Treats for each participant.

Meet Saige: American Girl of the Year - Saturday, April 13th 10:00 am. - 12:00 pm. \$20. Age 5 and older. Calling all American Girl fans! AG crafts, stories, games, and yummy refreshments! Join your friends for a fun and crafty morning decorating a spring birdhouse. AG books and accessories for sale with a % going to ELYS. Treats for each participant.

Let's Sew a Zoo Part II - March 20, 27, and April 3, and 10. \$75. Ages 8 and older. So many animals, so little time! Even if you missed our first animal theme class, join us for more sewn and stuffed animal creations. Design an adorable sock monkey and a menagerie of his friends. Machine, hand sewing and embroidery techniques will be taught. All of Claudia's Classes must be paid to register, and secure your spot. These classes fill up fast, so come in today!

Scholarships are available for programs for families in financial need. Please inquire to Sarah Butterfield, Program Director.

Continued on next page

Youth Services ... continued from previous page

High School: Student Advisory Board (SAB) A service club facilitated by ELYS for high school students to help plan activities for peers that are fun and drug/alcohol free. SAB hosted a flash mob, completed a PSA, and made a presentation to the Parks and Recreation Commission, which culminated in a policy change banning tobacco from our parks and beaches last July. Meetings are held in Mr. Beale's room during lunch on Tuesdays. This year's officers are as follows: President: Ellie Bruckner, Vice President: Annie Lussier, Treasurer: Emma Punsalan, Secretary: Maddy MacDonnell. Please email or call for more information. Youth are encouraged to contact officers to get more information for membership.

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 (and click East Lyme Youth Services to the left), "like" our page on Facebook for updates, shoot us an email to: sbutterfield@eltownhall.com, or give us a call at 860 739 6788 for more info.

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

Bookkeeper Wanted

Full time. Must have experience with QuickBooks, record daily transactions, A/R & A/P, customer invoicing, sales tax and payroll, month end close, reconciliation, filing and other tasks as needed. Hours 9 a.m. - 5 p.m. Please forward resume to wmcminn@essexprinting.com.

Youth Services
Registration Form
page 26



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REGISTRATION INFORMATION:

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

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

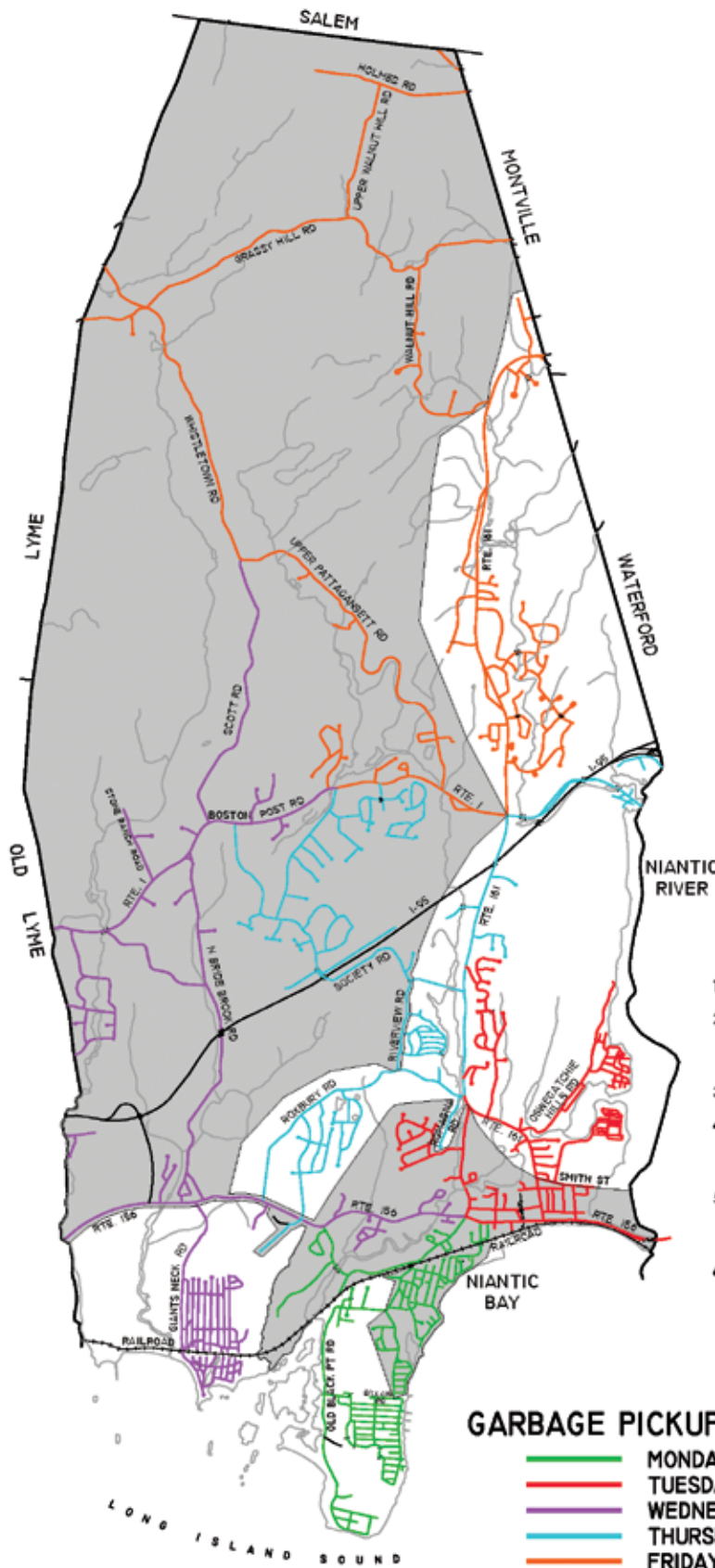
Emergency Contact:
 Name: _____ Relationship: _____
 Address: _____ Town: _____ Zip Code: _____
 Home Phone #: _____ Cell Phone #: _____ Work Phone #: _____

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 2013



APRIL						
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				

MAY						
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	

JUNE						
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						

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

HOW TO DETERMINE YOUR RECYCLING COLLECTION DAY

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

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- MONDAY
- TUESDAY
- WEDNESDAY
- THURSDAY
- FRIDAY

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