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# First Selectman's Corner

I've had many, many great days during my four years as East Lyme's First Selectman. But none will EVER be better than July 21st, 2018.

That morning saw the opening and dedication of the new Main Street Park at the end of Pennsylvania Ave. Together as a town with several hundred people in attendance we celebrated a dream come true. For decades, the town discussed buying and controlling the property. After a referendum approved the purchase in 2010, it took us another 5 years to successfully negotiate a fair price from the previous owner. From there we partnered with the State of Connecticut in cleaning up the pollution on the property through a Brownfield grant.

Early last year, we formed a committee to finalize a design for this park. Its simplistic beauty came with much discussion and alternate ideas. It was truly a collaborate effort. Tom Beebe, a member of the Parks and Rec. Commission, volunteered to chair this important committee. Other members: Carol Marelli, East Lyme Public Trust, Pat Larkin, Parks and Rec, Sue Kumro and Teri Smith from the Niantic Main St Group, Dave Putnam, representing Niantic Rotary Club, Bill Mulholland, representing the EL Zoning office, Eric Roise, (landscape architect) and Bill Scheer, the town's special project engineer.

Specifically, Bill Scheer needs to be publicly thanked for all the work he did on our new park. He became the project's general contractor (to save the town money). He engineered the fine details of design and construction and it all came together like a symphony. Bill, once again, you have made a significant difference in our town. We all thank you.



Mark C. Nickerson

Recent acts of vandalism in our parks and boardwalk have highlighted the need for better security cameras throughout our park system. The East Lyme Public Trust has stepped up and donated \$10,000 for the purchase and installation of high definition cameras. Additionally, that fine organization made a significant donation toward the new benches in the Main St Park. Thank you on behalf of a grateful town.

After the ceremony at our new park, department heads, town crews and town officials began setting up for the annual Celebrate East Lyme street fest. It was a great day with more vendors than

continued on page 3

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## Pool Foundation Offers Scholarships

The East Lyme Aquatic & Fitness Center Foundation, Inc., offers financial support to East Lyme and Salem residents who wish to participate in both pool and/or fitness center activities. Scholarships are granted on a need and interest basis and encompass facility membership, program lessons, and sports camp activities.

Scholarship applications are available in the pool lobby located at the East Lyme High School, 30 Chesterfield Road, East Lyme, CT 06333. Alternatively, a request for an application may be made via the Foundation's email: [elpoolfoundation@aol.com](mailto:elpoolfoundation@aol.com). Selection of recipients will be made by the Foundation's Board of Directors. The Foundation is the nonprofit supporting arm of the East Lyme Aquatic and Fitness Center. If you have any questions, please send us an email or leave word at the pool's front desk.

## Dear Readers & Advertisers!

It is with great excitement that I announce the launch of Events Magazines' inaugural "The Last Word" segment.

"The Last Word" is a new feature article that will appear on the last page of all of our Events Magazines currently published in 13 Connecticut towns. Each quarter there will be a story about someone with Connecticut ties who has achieved major accomplishments not only in his/her professional field but also in the community. Our inaugural "The Last Word" segment for the third quarter of 2018 highlights NASCAR professional driver Joey Logano.

All of us at Events Magazines hope you enjoy our first-ever "The Last Word" feature.



William McMinn, Owner, Essex Printing & Events Magazines

## First Selectman's Corner... continued from page 1

ever before. Our wonderful day culminated with the Dominion Fireworks set-off high above McCook's Point Park. I think it was the perfect day for our great little town.

On that wonderful Saturday in July, we celebrated what a town can do when everyone works together for a common goal. I couldn't have been prouder of the town I call home.

And speaking of town pride, I don't believe there is another town in America that bursts with town pride like East Lyme does. We love our town and we aren't afraid to say it and show it off. Everywhere I go in town people stop and tell me how pleased they are to live here. Oh sure, we have great features like beaches, parks, neighborhoods, schools, and a charming downtown that's now better than ever. But it's the people that are making the difference in our town. Friendly, caring, and selfless people are the secret to our success. Remember that kindness should always rule your day.

If you feel like you'd like to help other people or organizations in town that could use a helping hand, please consider adding your name to the list of people who have signed up for the EAST LYME VOLUNTEER CORPS. Once you have signed up, you will receive periodic newsletters from me listing volunteer opportunities throughout our town (and region). You make the connection with that organization as you see fit. Go to the town's website ([www.eltownhall.com](http://www.eltownhall.com)) and look for East Lyme Volunteer Corps.

Lastly, I must say once again how rewarding it is to lead such a fine and dedicated group of department heads and town crews. We live in an extraordinary town and they deserve all the credit.

Mark C. Nickerson  
First Selectman, Town of East Lyme

### Public Works

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Week of October 8 through the week of December 17, 2018  
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**Intermediate Tennis Drills**  
Mon., 10:30am-12pm

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

**NTRP Tennis Drills**  
Sat., 10:30am-12pm, All levels

**Cardio & Strength**  
Fri., 8am

**Cardio Tennis**  
Wed., 6-7pm, All levels

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Thurs., 1-3pm

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## Director's Note Fall 2018

Greetings and Salutations!



Mike with Bromley, the Parks and Rec mascot

What a summer we have had here in East Lyme! As I write this blurb in late July, we are coming off the high of another wonderful Celebrate East Lyme Day, getting our dancing shoes on for the concerts in the band shell and on McCook's beach, and thriving each week at the Niantic Farmers Markets. It's truly a whirlwind we live for in the park and recreation office. A whole slew of events are still in store while the weather allows, and we invite you to each and every one of them.

Looking back at the summer and all of the improvements going on in our great town, it is hard to imagine one being more exciting than the opening of the new park on Main Street. The view is spectacular, and the park adds a fresh, new feel when entering Main Street. Kudos to the park committee and Town Engineer Bill Scheer for a job well done!

It is hard to believe that the beach season is winding down and the school children will be heading back to school in a few short weeks, but I encourage everyone to get outside and enjoy the fall weather, my favorite time of year!

Mike McDowell

## Parks & Recreation Department

41 Society Road, Niantic, CT  
860-739-5828 fax 860-691-2409  
[www.eltownhall.com](http://www.eltownhall.com)

### Contact Information & Websites

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

### Parks & Recreation Commission Members

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

East Lyme Police Department 860-739-5900  
East Lyme Public Library 860-739-6926  
[www.ely.lioninc.org](http://www.ely.lioninc.org)

East Lyme Public Works 860-691-4118  
East Lyme Senior Center 860-739-5859  
East Lyme Town Hall 860-739-6931



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

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East Lyme Youth Services 860-739-6788

Commission Meetings are 2nd Thursday

Rocky Neck State Park 860-739-5471

DEP Old Lyme 860-434-8638

Children's Museum of SE Connecticut 860-691-1255

East Lyme Aquatic & Fitness Center (Pool) 860-691-4681

www.nutmegaquatics.com

East Lyme Business Organization

Contact Lynnea Mahlke 860-691-1611

## Athletic Organizations

### EAST LYME BABE RUTH LEAGUE

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

www.eastlymebaberuth.com

### EAST LYME LACROSSE

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

www.ella.uslaxteams.com

### EAST LYME LITTLE LEAGUE

Andrew Cellemme / (860) 287-4651 /

eastlymelittleleague@gmail.com / www.eastlymelittleleague.org

### EAST LYME SOCCER CLUB

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

### EAST LYME YOUTH FOOTBALL

Jay Maksim / (860) 514-8836 / jaymak123@yahoo.com

### EAST LYME YOUTH CHEERLEADING

Tammy Bogue / (860) 303-1741

### EAST LYME YOUTH BASKETBALL

Louis Schwartz / (860) 941-7546 /

elyouthbasketball@yahoo.com / www.elyb.org

## Clubs

### NEW COMERS CLUB

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

### MOMS CLUB OF EAST LYME

www.eastlymemomsclub.org

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

### AMERICAN LEGION AUXILIARY, UNIT 128

Pat Keegan / 860-739-2107

### EAST LYME GARDEN CLUB

www.eastlymegardenclub.org or elgclub@gmail.com

### GIRL SCOUTS REGIONAL OFFICE

Jenna Duff / 800-922-277 0 x 3728

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

### NIAN TIC LIONS CLUB

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

### DISTRICT SCOUTS REGIONAL OFFICE

Mike Cooney / 860-373-0097

### CUB SCOUTS PACKS

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

www.pack24eastlyme.org / pack24eastlyme@gmail.com

Axel Mahlke, #7 / 860-287-1174

### BOY SCOUT TROOPS

George Sisson, #7 / 860-691-2165

Troop #24 / 860-443-5492, Richard Cushing, #240 / 860-739-5239



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# Community Bulletin Board

## PASSPORTS

East Lyme Parks & Recreation Department is now an Acceptance Facility for Passports. Please call (860) 739-5828 to make an appointment to have your passport application processed or for any questions.

## Friday Night Movies

August 31 through September 21  
 Movies will begin 15 minutes after Sunset  
 August 31 – Wonder  
 Sept 7 – Star Wars: The Last Jedi  
 Sept 14 – Coco  
 Sept 21 – Wonder Woman

Come enjoy a movie under the stars on Friday evenings beginning August 31st! Movies will be shown on a large inflatable screen at McCook Point Park, near the large white tent. Movie attendees should bring chairs, blankets, and plenty of snacks and then sit back and enjoy.

## U.S. AMATEUR BALLROOM DANCE ASSOCIATION DANCES

Dates: Fridays, Sept 7, Sept 21, Oct 19, and Nov 16 (7:00-10:00 pm)  
 Saturdays, Oct 6 and Nov 3 (6:30-11:00 pm)  
 Where: East Lyme Library & Community Center Activity Room  
 For more information:  
[www.usadancenewlondonct.com](http://www.usadancenewlondonct.com)

## SHORELINE SWING DANCES

Dates: 3rd Saturday of each month (Sept 15, Oct 20, Nov 17, Dec 15) from 8:00 pm-11:00 pm (Lessons from 7:00 pm-8:00 pm) at East Lyme Community Ctr.  
 For more information:  
[www.shorelineswingct.org](http://www.shorelineswingct.org)

## EAST LYME GARDEN CLUB

Date: October 1th at 1 pm  
 Location: Niantic Community Church – Multipurpose Room, 170 Pennsylvania Avenue  
 Refreshments will be available

## The Cutting Garden - Off With Their Heads!

Learn how to grow a garden to supply you with fresh blossoms, vines and branches for making beautiful arrangements from Michael Russo, a farmer-florist and gifted artist who co-owns Trout Lily Farm in Guilford, Connecticut.  
 Date: November 5th at 1 pm  
 Location: Niantic Community Church – Multipurpose Room, 170 Pennsylvania Avenue  
 Refreshments will be available

## Striking a Sustainable Balance in Your Yard

Join Suzanne Thompson, Master Gardener, CT Outdoors talk show host & feature/weekly column “Local Dirt” writer for The Day for an inspiring talk about what we can do to extend green corridors and needed wildlife habitats in our own backyards. For more information visit <http://www.eastlymegardenclub.org/calendar/>



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### EAST LYME PLAYERS

The "East Lyme Players" is a drama group offered through the East Lyme Senior Center. A new session is beginning in August. If the theater has always intrigued you but you never had the time to explore your interest, NOW is the time. No experience necessary. All skill levels are welcome. No memorizing of lines - Staged readings so scripts are handy! The Players are looking for folks who want to explore their creative side by either acting or working backstage. The East Lyme Players' Director, Joyce Beauvais, has tons of experience and wants to share her knowledge and passion with you. The program is held on Thursday afternoons at 1 pm. A new session is starting in August and running for 17 weeks. Like them on Facebook - look up "East Lyme

Players, Joyce Beauvais, Artistic Director." Session fee is \$125pp. For information, call the Senior Center at 860-739-5859.

### 5TH ANNUAL SENIOR CENTER SPONSORED PIG ROAST

On Wednesday, September 5th, the Senior Center will host its 5th Annual Pig Roast under the Tent at McCook's Park. Come join us for roast pork, 3 bean salad, potato salad, corn bread and watermelon. Entertainment by Michael Ciulla starts at 1 pm and lunch follows at 2 pm. Fee is \$10pp. Registration has begun and you must register by August 31st.

### EAST LYME BIKE & BBQ - SATURDAY, SEPTEMBER 29

The East Lyme Bike & BBQ to benefit open

spaces and historic places invites avid and recreational bike riders alike for a spectacular ride. There will be a 100, 62, 40 and 25 mile course to choose from. All rides disembark from the Smith-Harris House located in Niantic, CT just off of exit 73 on I-95. The courses will head north along the canopy covered roads of southeastern Connecticut and will exhibit some moderate to difficult hill climbs. All courses will circle back to the Smith-Harris property where mouth-watering BBQ from the Niantic Lions will be served to top off the day. This year along with cycling we have added several gorgeous walks to our event. Please visit <https://eltownhall.com/news-and-events/annual-events/east-lyme-bike-bbq/> for more information.

To download previous issues of East Lyme Events visit [www.eventsmagazines.com](http://www.eventsmagazines.com) and download the issue you desire!



**10th Anniversary**

# 2018 Vista Tour de Shore

## SUNDAY, OCTOBER 14

**Vista Tour de Shore**  
October 14, 2018

5, 25, 40 and 60 mile routes • Westbrook Elks Lodge

Register: [vistatourdeshore.com](http://vistatourdeshore.com) • For information: 860-399-8080

Vista Life Innovations

**Net proceeds from this event will benefit the Vista Endowment Fund.**

# Park & Beach Information

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

- Open daily from 8:00 am to sunset
- Pets are permitted on beaches from the Tuesday after Labor Day until the Friday before Memorial Day ONLY\*\*; must be under owners control at all times and it is the owner's responsibility to clean-up all pet waste. Dogs are not permitted on the Niantic Bay Boardwalk at any time during the year.
- Restrooms will remain open until mid-November as weather permits.
- Contact the Parks and Recreation Office for Pavilion reservations/availability.
- Tobacco Free Parks

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

## **\*\*NO PETS May 25 – Sept 3, 2018 AT ANY BEACH FACILITY: SEE BELOW REGULATION**

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

## PAVILION/TENT RENTAL

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

## PARKS & BEACHES ADDRESSES

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

**Hole-N-Wall Beach** – Baptist Lane, Niantic

**McCook Point Park** – 8-10 Atlantic Street, Niantic  
Main beach, pavilion, picnic area, restrooms, Hole-N-Wall beach, playground, bocce court, outdoor showers

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

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

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



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Fridays | 4:00-4:45pm

Class runs Sept. 21st - March 8th.  
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Dance Centers

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287 Main St., Niantic, CT 06357

## East Lyme Veterans

In October 2013 the State of Connecticut established a Veterans Representative volunteer position in each town to help connect local veterans to resources, services, organizations, and events. The Town of East Lyme is fortunate to have Brian Burrige as our community's Veterans Representative.

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

For more information and a current list of events happening in our region, please reach out to Brian directly at 860-287-2683 or [brianburrige@gmail.com](mailto:brianburrige@gmail.com). For up-to-date information online, please follow Brian on [https://nextdoor.com/news\\_feed/](https://nextdoor.com/news_feed/).

# Park & Recreation Registration Policies

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

## Program Registration Hours:

Monday - Friday / 8:30 am - 4:00 pm

## DIRECTIONS

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

**95 North** - Take Exit 73; turn left onto Society Road. Follow road until 3-way stop sign. Bear left onto Society Rd. and follow to Lillie B. Haynes School; take Left (see above). There are two ways to register for programs: In person at the Parks and Recreation Department office in the E. Lyme Library Community Center on Society Road or by mail (Mailing address: 41 Society Rd., Niantic, CT 06357). Programs limiting the number of participants will be

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

## PAYMENT

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

## CANCELLATIONS

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

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

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## Athletic Organizations

### East Lyme Soccer Association

Programs include Pre K (ages 3-5), K-2, 3-8 travel and recreational programs and High School Summer Soccer (current 8th-11th graders). We also offer camps and clinics for all ages. Please visit our website at [www.eastlymesoccer.org](http://www.eastlymesoccer.org) for information on each program. Please like our Facebook page East Lyme Soccer for up-to-date information on any upcoming events, deadlines, camps and much more. For any questions please contact our registrar Lynda Mills at [www.elsa.registrar@gmail.com](mailto:www.elsa.registrar@gmail.com).

### East Lyme Youth Basketball

Registration for 2018-2019 season will be open in September. Please visit us at [www.elyb.org](http://www.elyb.org) for more information.

## Parks & Recreation Programs

### PRESCHOOL PROGRAMS

#### Creative Arts for Kids (2 year olds)

Session: 250301-01

This class continues to explore their artistic expression. Using different mediums, children will manipulate simple supplies to create original artwork all on their own. A first step towards self-discovery and independence, children will learn color recognition and simple art techniques to help their imagination grow. Maximum 6 participants.

Dates: Sept 10 to Oct 22 (no class on 10/8)

Days: Monday

Time: 9:15 to 9:45 am

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

Registration: Begins August 30

Location: East Lyme Library/Community Center/  
Youth Center

Instructor: Rachel Skelton

#### Creative Arts for Kids (2 year olds)

Session: 250301-02

Dates: Oct 29 to Dec 3

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

Registration: Begins on Oct 22

#### "Got 2 Be Moving" for 2 year olds

Session #250501-05

A 30 minute movement class for 2 year olds that focuses on developing large motor skills such as running, hopping and balancing on one foot to fun games with balls & parachutes. This class is child participation only. (Maximum number of participants is 8).

Dates: Sept 10 to Oct 22 (no class on 10/8)

Days: Monday

Time: 10:00 to 10:30 am

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

Registration: Begins August 30

Location: East Lyme Public Library/Community Center,  
Olive Room

#### "Got 2 Be Moving" for 2 year olds

Session: 250501-06

Dates: Oct 29 to Dec 3

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

Registration: Begins on Oct 22

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### **Tot Gym, Ages 3 to 5**

Session #250501-01

A learning through movement class focused on developing large motor skills, socialization and team building. Interactive games each week will encourage independence and working together. An energetic class filled with running, jumping, twirling and dancing! Maximum 8 participants.

Dates: Sept 10 to Oct 22 (No class 10/8)

Days: Monday

Time: 10:45 to 11:25 am

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

Registration: Begins August 30

Location: East Lyme Library/Community Center/  
Smith-Harris Room

Instructor: Rachel Skelton

### **Tot Gym, Ages 3 to 5**

Session #250501-03

Dates: Oct 29 to Dec 3

Days: Monday

Time: 10:45 to 11:25 am

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

Registration: Begins October 22

### **Tot Gym, Ages 3 to 5**

Session #250501-01

A learning through movement class focused on developing large motor skills, socialization and team building. Interactive games each week will encourage independence and working together. An energetic class filled with running, jumping, twirling and dancing! Maximum 8 participants.

## **YOUTH PROGRAMS**

### **Beginning Foil 1 – Ages 10 & older**

Session #280101-01

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

Dates: Sept 25 to Nov 6

Days: Tuesdays

Time: 6:15 to 7:45 pm

Fee: Resident-\$75.00/Non Resident \$90.00  
(includes equipment)

Registration: Begins Aug 30

Where: EL Middle School gymnasium

Instructor: Thames River Fencing Club

### **Intermediate Foil 1/Advanced Foil – Ages 10 & Older**

Session: #280201-01

Beginning Foil One is a prerequisite for Intermediate. Intermediate 2 is a prerequisite for Advanced. The intermediate class builds upon the skills introduced in Beginning Foil One & covers more complex

footwork & blade work, including variations on attacks on the blade and blades takes (prises de fer). Bouting skills, tactics and the fencing rules are also covered in greater detail.

Dates: Sept 20 to Nov 1

Days: Thursdays

Time: 6:15 to 7:45 pm

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

Registration: Begins Aug 30

vWhere: EL Middle School gymnasium

Instructor: Thames River Fencing Club

## **THE FOLLOWING PRESCHOOL AND YOUTH PROGRAMS ARE OFFERED BY ELRT AND ARE SPONSORED BY EL PARKS & RECREATION**



### **Mommy/Daddy & Me (Infants – 2 year olds)**

Session: 240901-01

Stimulate your baby's natural response to music! Parents and babies learn rhymes, songs, lullabies, and 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: Sept 5 to Oct 24

Days: Wednesday

Time: 9:45 am – 10:30 am

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

Where: ELRT 32 Society Rd., Niantic

Instructor: Erin Stanley

### **Preschool Music, Movement and Exploration (ages 2 ½ - 5 year olds)**

Session: 240903-01

Imagination! Creativity, fun and interactive learning are the basis of this class. Students will experience different genres of music while singing, dancing and telling stories through exploration and play. Adult participation is required for some of the class.

Dates: Sept 5 to Oct 24

Days: Wednesday

Time: 10:45 am – 11:30 am

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

Where: ELRT 32 Society Rd., Niantic

Instructor: Erin Stanley

## **ADULT PROGRAMS**

### **Fit & Fabulous (Morning Aerobics)**

Session # 210101-01

This energizing fun class rotates and combines many fitness styles. Included are: Classic aerobics, interval training, weighted-low impact cardio, Zumba, core & balance exercises and strength training using hand held & leg weights, balls bands and tubing. Class ends with a relaxing stretch, so bring your non-slip exercise mat and plenty of

continued on page 12

## P&R Adult Programs ... continued from page 11

water! Our motto is "Keep On Moving & get your STEPS in!"

Dates: Sept 5 to Oct 26 (No class 10/8)  
Days: Monday-Wednesday-Friday  
Time: 8:30 am – 9:30 am  
Fees: Resident \$60.00/Non-Resident \$75.00  
Location: East Lyme Library/Community Center, Activity Room  
Instructors: Donna Neaton, AFAA

### Morning Aerobics

Session # 210101-02  
Same as above  
Dates: Oct 29 to Dec 21 (No class 11/12, 11/23)  
Fees: Resident \$60.00/Non-Resident \$75.00

### Core & More with Stability Ball (Morning)

Session # 210104-01  
This class focuses on balance & the core muscles with additional upper/lower body strength training utilizing hand held & leg weights, bands, tubing & balls. Class can be done using a chair, but a stability ball is recommended to incorporate more muscles for balance. Participants are required to bring a non-slip exercise mat, water and their own stability ball.

Dates: Sept 6 to Oct 25  
Days: Thursday  
Time: 10:15 am – 11:05 am  
Fee: Resident \$40.00/Non-Resident \$55.00  
Where: East Lyme Library/Community Center, Activity Room  
Instructor: Donna Neaton, AFAA

### Core & More with Stability Ball

Session#210104-02  
Same as above  
Dates: Nov 1 to Dec 27 (no class on 11/22)  
Fees: Resident \$40.00/Non-Resident \$55.00

### Core & More with Stability Ball (Evening)

Session # 210105-01  
A 50 minute class focusing on balance and the core muscles with additional upper/lower body strength training utilizing hand held & leg weights, bands, tubing & balls. Class can be done using a chair, but a stability ball is recommended to incorporate more muscles for balance. Participants are required to bring a non-slip exercise mat, water and their own stability ball.

Dates: Sept 6 to Oct 25  
Days: Thursdays  
Time: 4:10 to 5:00 pm  
Fee: \$40.00 resident/\$55.00 Non-Resident  
Where: East Lyme Public Library/Community Center, Activity Room  
Instructor: Donna Neaton, AFAA

### Core & More with Stability Ball (Evening)

Session #210105-02  
Same as above  
Dates: Nov 1 to Dec 27 (No Class 11/22)

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

### Fascial Movement

Session # 210301-01  
Using balls, bands and rollers to sense, bounce, expand and hydrate the fascial tissue of our bodies. Fascial is the envelope of our bodies. It can also be called a sheath around every muscle, organ and bone. HEALTHY FASCIA HELPS MOVEMENT! Come and learn to move, exercise and release tight areas of your body. Participants are required to bring a non-slip exercise mat.

Dates: Sept 4 to Oct 9  
Days: Tuesday  
Time: 6:30 pm – 7:30 pm  
Fee: Resident \$50.00/Non-Resident \$65.00  
Where: East Lyme Library/Community Center, Activity Room  
Instructor: Kim Stirtan-BSPE, ACE & Stott Pilates. Level One Fascial Movement Instructor

### Fascial Movement

Session #210301-02  
Same info as above  
Dates: Oct 16 to Nov 27 (No Class 11/6)

### Tuesday Zumba

Session #210103-02  
Come and "Join the Party" with this 55 minute Zumba class! Bring plenty of water and let's Salsa, Cha-cha, Merengue, Cumbia, Calypso and dance off those calories together!  
Dates: Sept 11 to Dec 18 (No Class 10/9)  
Days: Tuesday  
Time: 5:30 pm – 6:25 pm  
Fee: Resident \$50.00/Non-Resident \$65.00  
Where: East Lyme Library/Community Center, Activity Room

Instructor: Donna Neaton AFAA/Zumba Instructor

### Saturday Morning Zumba Aerobics

Session #210103-03  
Come and "Join the Party" with this 1½ hour Zumba class! We will Salsa, Cha-cha, Merengue, Cumbia, Calypso and dance off those calories the first hour, then follow it up with 30 minutes of total body/core strengthening exercises & a relaxing stretch. Bring a non-slip exercise mat and plenty of water!

Dates: Sept 8 to Dec 15 (No Class 10/6)  
Days: Saturdays  
Time: 8:30 am – 10:00 am  
Fee: Resident \$60.00/Non-Resident \$75.00  
Where: East Lyme Library/Community Center, Activity Room  
Instructor: Donna Neaton AFAA/Zumba Instructor

### Monday Coed Yoga

Session #210501-01  
Class is for all levels of students. Students will learn postures, deep relaxation, and breathing techniques. Participants are required to bring a non-slip exercise mat.

Dates: Sept 10 to Dec 10 (No class 10/8, 11/5)  
Days: Monday  
Time: 6:00 pm – 7:15 pm  
Fee: Resident \$60.00/Non-Resident \$75.00  
Where: East Lyme Library/Community Center,  
Activity Room

Instructor: Rosemary Gentile – M.S.R.D.-RYT

**Wednesday Night Coed Yoga and Meditation**

Session # 210502-01

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

Dates: Sept 12 to Dec 5 (No class 11/21)

Days: Wednesday

Time: 5:45 pm – 7:00 pm

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

Where: East Lyme Library/Community Center,  
Activity Room

Instructor: Michele Flowers, RYT 500

**Yoga Flow**

Session #210107-01

This class uses a combination of movement, postures and breath to work on strength, flexibility and balance. An all levels class with focus on alignment; beginners will safely learn the basics while more experienced students can take postures to a deeper level.

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

Dates: Sept 10 to Dec 3

Days: Monday

Time: 9:35 to 10:35 am

Fee: Residents \$50.00/Non Residents \$65.00

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

Instructor: Michele Flowers, RYT 500

**Total Body Fitness**

Session #210403-01

This 55 minute cardio & strength training class IS DESIGNED FOR ALL fitness levels. It rotates different fitness styles such as, intervals, circuits, classic aerobics and weighted-low impact cardio to keep the class moving & challenged. Hand held & leg weights, bands, balls, & tubing are utilized in class for the strength/core portion. Class ends with stretching, so please bring a non-slip exercise mat & plenty of water!

Dates: Sept 10 to Oct 31

Days: Monday and Wednesday

Time: 4:30 to 5:25 pm

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

Where: East Lyme Library/CC-Activity Room

Instructor: Donna Neaton, AFAA

continued on page 14

# Daily Lunch & Dinner Specials

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

### Session #210403-02:

Same as above with the exception of:

Dates: Nov 5 to Dec 19

### Boot Camp

Session #210303-01

This group fitness class mixes traditional callisthenic & body weight exercises with interval & strength training. Timed intervals of hard work mixed with active recovery will surely get your heart pumping! Please bring a non-slip exercise mat and water to drink!

Dates: Sept 11 to Dec 18 (no class 11/6)

Days: Tuesday

Time: 4:40 to 5:25 pm

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

Where: East Lyme Library/Community Center,  
Activity room

Instructor: Narciss Green, ACE Certified Group  
Fitness Instructor

### Ballroom Dance – Silver Dance Syllabus

Session #230101-01

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

Dates: Sept 13 to Nov 1

Days: Thursday

Time: 6:15 to 7:15 pm

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

Where: East Lyme Library/Community Center,

Activity Room

Instructor: Marjorie Winslow

### Ballroom Dance – Beginner Lessons

Session #230102-01

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

Date same as the beginner's class. Time: 7:15 to 8:15 pm.

### Dog Obedience – Beginners

Session # 230201-01

This class will teach the basic skills and work towards taking the dog off the leash. The FIRST class is held in the Olive Chendali room without your dog. Participants must provide proof of rabies and parvo at the time of registration. The dog must be 4 months and older.

Dates: Sept 10 to Oct 29

Days: Monday

Time: 5:15 to 6:15 pm

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

Where: Samuel Peretz Park at Bridebrook, basketball courts

Instructor: Barbara Keck

### Dog Obedience – Novice (AKC Canine Good Citizen Program)

Session #230202-01

This class refines the basic skills and work towards taking the dog off the leash. The beginner's class is a prerequisite. The first class will be held at the Community Center, lower level parking lot.

Participants must provide proof of rabies & parvo at the time of



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registration. The dog must be 4 months and older. Owner and dog will participate in the AKC Canine Good Citizen Program. In order to receive the certificate, dogs must pass the Canine Good Citizen test.

Same information as the beginner's class except for:

Time: 6:30 to 7:30 pm

### **Adult Coed Volleyball**

Session #210602-01

This volleyball program is a fun, informal, pick-up play that meets once a week. No food is allowed in the gym. (\*Cancellations due to snow will not be made up.)

Dates: September 18 to Dec 18 (no program 11/6)

Days: Tuesdays

Time: 6:00 to 8:15 pm

Fee: Resident \$30.00/Non Resident \$45.00 or Drop In: \$5.00 per person

Where: East Lyme Middle School gymnasium

Supervisor: Cathleen Aquino

### **New York City**

Session #390101-01

Date: Saturday, December 1

General Information: Departure from the East Lyme Public Library/Community Center parking lot will be at 8:00 am. There will be several locations in the city where passengers can disembark for the day. The bus will pick up passengers at 7:30 pm on Madison Avenue between 53rd and 54th Streets. The fee is \$40 per person payable when registering.

---

## **Youth Services**

### **East Lyme Youth Services**

45 Society Rd, Niantic, CT 06357

860 739 6788 email: [mmcdowell@eltownhall.com](mailto:mmcdowell@eltownhall.com)

Serving the Communities of East Lyme and Salem

Dave Putnam - Executive Director

Mike McDowell - Program Director

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

### **Youth Services Commission**

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

**East Lyme Youth Coalition:** Join our ELYC (East Lyme Youth Coalition) to address underage drinking and addiction in our town. More information to come, please contact Dave at [dputnam@eltownhall.com](mailto:dputnam@eltownhall.com) to inquire.

### **Registration Information**

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

Registration for ALL programs begins August 28th.

### **Cancellations**

All cancellations will be sent to program participants via email.

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

### **Friday Night Movies**

August 31st through September 21st

Movies will begin approximately 15 minutes after sunset

August 31 – Wonder

Sept 7 – Star Wars: The Last Jedi

Sept 14 – Coco

Sept 21 – Wonder Woman

Come enjoy a movie under the stars on Friday evenings beginning August 31st! Movies will be shown on a large inflatable screen at McCook Point Park, in the Bandshell. Movie attendees should bring chairs, blankets, and plenty of snacks and then sit back and enjoy! Movie lineup unknown at time of publication, be sure to check [www.eltownhall.com](http://www.eltownhall.com) and the youth services facebook page for updated movie information.

### **AFTER-SCHOOL PROGRAM**

Schooldays, 3:00 – 5:30 pm (noon-5:30 pm on half days). 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 the school day. There are only 35 slots available for 5th – 8th graders. Registration opens August 28th at 8:30 am. This program will begin September 10th and run throughout the school year. Free program.

### **After-School Games**

Wednesdays from 3:00-4:00 in the activity room of the community center. Participants must have a signed registration form to play, and will meet at the youth center before going to the activity room. This is a free program, and participants will be allowed to join the after school program until they are picked up. When weather permits, games may be played outdoors.

### **Home Alone**

Session #914010-01

continued on page 16

## Niantic Acupuncture & Family Wellness



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Lic.Acupuncturist, Herbalist



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## Youth Services ... continued from page 15

Dates: Sept 12th to Sept 26th

Day: Wednesday

Time: 3:00 to 4:00 pm

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

Where: Community Center/Olive C. Room

This course is recommended for ALL 5th and 6th graders.

Participants learn how to be home without supervision responsibly, utilizing expertise from area police, fire marshals, and other guest speakers. This popular course fills up fast and is limited to the first 15 who register.

### Mountain Bike Club

Session #914010-01

All participants should have a working bike with front and rear brakes, helmet, and a fix-a-flat kit, and bring plenty of water. Guided rides will leave from the trailhead across from Divine Wine Emporium on West Main St. at 4:00 pm and will return at 6:00 pm. Riding will be done on the trails at Rocky Neck State Park.

Day: Tuesdays

Time: 5:00 to 6:30 pm

Fee: FREE

Where: Rocky Neck State Park/West Main St. trailhead

**The Sixth Annual Jeffrey's Rainbow Run:** We are proud to be hosting the fifth annual 5k in memory of Jeffrey Bourgeois on September 14th! Stop by the office to pick up a registration form, or register online at Active.com!

**Ski & Snowboard Club \*** (grades 5-12) Registration will begin October 3rd. Pricing is not available at the time of publication, Please email or call to inquire. The deadline for registration will be November 18th. This program fills up quickly; so do not wait to register! Ski Club takes place on Thursday nights in Jan-February from 3-9 pm. and travels by bus to Mt. Southington.

**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 has hosted trick or trunk, Pre-prom Assembly regarding distracted driving, and collected over 170 bicycles donated to Bikes For Kids over the past three years. Meetings will be held in Mr. Beale's room during lunches on Tuesdays starting September 6th.

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), "like" our page on Facebook for updates, shoot us an email to: [mmcdowell@eltownhall.com](mailto:mmcdowell@eltownhall.com), or give us a call at (860) 739 -6788 for more information.



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# Library Events

## East Lyme Public Library

Amazing Autumn Story Hours 2018

Registration begins September 10, 1918

Starts September 24 and Ends December 14

(860) 739-6926 Ext 2

### Mondays

Library CLOSED October for Columbus Day & November 12 for Veterans Day

All Ages Drop-In 10:00 - 10:45

4s and 5s with Mrs Bull 2:15 - 3:00 \*\*

### Tuesdays

Baby Lap-Sit 10:00 - 10:30

2s and 3s with Mrs Bull 11:00 - 11:30 \*\*

4s and 5s with Mrs Bull 2:15 - 3:00 \*\*

### Wednesdays

2s and 3s with Mrs Bull 10:00 - 10:30 \*\*

4s and 5s with Mrs Bull 11:00 - 11:45 \*\*

4s and 5s with Mrs Bull 2:15 - 3:00 \*\*

La Hora de los Cuentos 6:30 - 7:30 \*\*EVENING\*\*

English-Spanish Stories & Songs for the whole family won't meet November 21 as we close at 6:00 pm.

### Thursdays

Library CLOSED November 22 for Thanksgiving

Baby Lap-Sit 10:00 - 10:30

2s and 3s with Mrs Bull 11:00 - 11:30 \*\*

4s and 5s with Mrs Bull 2:15 - 3:00 \*\*

Middle School Movie 3:15 - 4:30

### Fridays

All Ages Drop-In 10:00 - 10:45

Style Council 3:00 - 4:00

## SEPTEMBER

### Strategies for a Successful Retirement: Retirement Income Planning/Assessing Income Needs

Monday, September 10 – 7:00 pm

Linda Mock, a retired Certified Financial Planner who specialized in retirement planning, will lead this four-part series (9/10, 10/1, 11/5, 12/3). Learn about assessing your income needs and the different vehicles for meeting those needs: pensions, 401(k), Traditional IRA, ROTH IRA, Social Security. Sign up for one, or all!

### Bluegrass, Newgrass, Old-Time, and Americana Music: A Journey Into Musical Roots

Tuesday, September 18 – 7:00 pm

Music journalist, percussionist, and photographer, Craig Harris will take us on an entertaining and informative journey through a comprehensive history of old-time music and bluegrass with all of their incredibly diverse and multidimensional roots. Combining research with more than 120 exclusive interviews, Harris traces the path from the earliest days of mountain music to the

groundbreaking sounds of Grammy winners Alison Krauss, Béla Fleck, and Jerry Douglas's Earls of Leicester.

### Cookbook Club

Wednesday, September 19 – 1:00 pm

Side Dishes/Vegetables

Choose your own recipe (we have cookbooks to check out). Make a recipe; bring along the recipe and we'll make copies. Bring in samples for all to taste, and discuss! Can't cook, but still want to join the fun? Stop by for the fellowship- all are welcome. This program will be held in the East Lyme Senior Center.

### Creating Meaningful Connections with Your Teen

Saturday, September 22 – 2:00 pm

Katie Ziskind is a family therapist and owner of Wisdom Within Counseling. She will share concrete ways for family members to create and maintain meaningful connections and help their teens with the development of resiliency, life skills, and self-care routines.

### ELBO (East Lyme Business Organization) Book Discussion

Tuesday, September 25 – 12:00 pm

The ONE Thing: The Surprisingly Simple Truth Behind Extraordinary Results by Gary W. Keller and Jay Papasan will be discussed. In The ONE Thing, you'll learn to: Cut through the clutter, achieve better results in less time, build momentum toward your goal, dial down the stress, overcome that overwhelmed feeling, revive your energy, stay on track, master what matters to you. The ONE Thing delivers extraordinary results in every area of your life - work, personal, family, and spiritual. Copies will be available to check out. Bring your lunch to the discussion!

### Trivia Night

Tuesday, September 25 – 7:00 pm

Come by yourself or bring your friends. Test your knowledge from general categories, including pop culture, current events, history, music, and of course, literature.

## OCTOBER

### Strategies for a Successful Retirement: Investment Basics

Monday, October 1 – 7:00 pm

Linda Mock, a retired Certified Financial Planner who specialized in retirement planning, will lead this four-part series. The second in the four-part series looks at building a portfolio and the difference between stocks, bonds, mutual funds, and index funds.

### Songs of Woody Guthrie

Tuesday, October 2 – 7:00 pm

Phil Rosenthal will perform songs written by legendary folk musician Woody Guthrie. Guthrie's compositions tell of his early years in the Oklahoma dust bowl, his travels across the country, his concern for the poor, and his love for his homeland. Phil will talk about Guthrie's life and legacy, and explain the events that inspired the composition of each song.

continued on page 18

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PHOTOGRAPHY

## Library Events ... continued from page 17

### Peter Biedermann

Tuesday, October 16 – 7 pm

Peter Biedermann is a solo instrumental guitarist based in Green Valley, AZ that has been composing and performing for over 40 years and will be appearing for the ninth time in the East Lyme Public Library. The common thread throughout his musical background is crossing the boundaries of music genres. This hybrid, contemporary style melds elements of American and European folk with jazz and blues shadings; underpinned by subtle ambient electronics. Peter will be focusing on pieces from his latest recording "Tales From The Desert" on a variety of guitars in unique tunings. The program encourages questions from the audience and will also include some of the history and evolution of steel string guitar playing over the last 50+ years.

### Trivia Night

Tuesday, October 30 – 7:00 pm

Come by yourself or bring your friends. Test your knowledge from general categories, including pop culture, current events, history, music, and of course, literature.

## NOVEMBER

### Strategies for a Successful Retirement: Estate Planning Basics

Monday, November 5 – 7:00 pm

Linda Mock, a retired Certified Financial Planner who specialized in retirement planning, will lead this four-part series. The third session in a four-part series. Where there's a will there's a relative. Learn about wills, living wills, health care proxies, trusts, and power of attorney.

### Cookbook Club

Wednesday, November 7 – 10:00 am

Favorite Recipe/Family Recipe

Choose your own recipe (we have cookbooks to check out). Make a recipe; bring along the recipe and we'll make copies. Bring in samples for all to taste, and discuss! Can't cook, but still want to join the fun? Stop by for the fellowship- all are welcome. This program will be held in the East Lyme Senior Center.

## What's Keeping You Up?

Does sleep come easy for you? If so, count your blessings. Or are you among the millions who toss and turn, watch the clock, and worry about being tired tomorrow? The night drags on forever, but still, morning comes too soon. Why can't you sleep? Are thoughts running through your head? Are you physically uncomfortable? Have you resorted to daytime naps, which then impact nighttime sleep? Lack of sleep affects our mood, emotional controls, concentration, and health. But help is possible! Identifying the cause helps shape the response. Are you suffering from anxiety or depression? Is it a situational stressor, - relationship problem, money troubles, or worry over some impending event? Have you changed your schedule, started a new medication, or changed your diet or alcohol intake? First step is to see your physician, and address any medical issues. Learn good sleep hygiene - follow a consistent schedule for going to bed and getting up. Yes, on weekends too! Turn off TV and electronics an hour before bed. Need time for a serious talk with your spouse? Don't choose bedtime. Make your room soothing and keep it dark. Learn relaxation strategies. Limit your eating and drinking in the evening and avoid late-day caffeine or nicotine. Seek therapy for mental health struggles, and for changing your patterns. Help is available. Have a good night!

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

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# East Lyme Senior Center

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

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

Cathy Wilson - Director

Kristen Caramanica - Program Coordinator

Jane Bowen - Senior Center Associate

Roxanne Kormos - Driver

John Hallissey - Driver

Melissa Victor - Driver

Joe Savoie - Driver

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

**WEBSITES** "Like Us" on Facebook. Use our online registration feature located at [www.register.eltownhall.com](http://www.register.eltownhall.com)  
Check out our Regional Website at [www.seniorcentersct.org](http://www.seniorcentersct.org)

## Commission on Aging

The Commission on Aging Board meets the 2nd Monday of every

month except for August at the East Lyme Senior Center at 5:00 pm. The public is welcome to attend.

## Transportation - In-Town Transit Services

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

## Medical Transit/Southern New London County

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

## Senior Lunches

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

## 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  
**continued on page 20**



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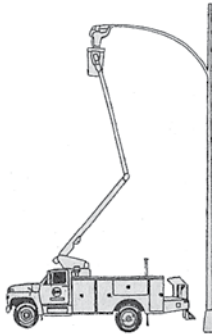
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## Senior Center ... continued from page 19

temporarily or long term homebound. Please contact TVCCA for eligibility at 860-886-1720.

### Mature Driver Safety Classes

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

### Trips

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

### OVERNIGHT TRIPS/CRUISES

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

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

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

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

### FITNESS CLASSES

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

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

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

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

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

**WEIGHT LIFTING:** Tue & Thu 10:15 am @ ELHS Fitness Center - R\$24.00/24 classes - NR\$29.00/24 classes. Pass required.

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

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

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

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

People with Arthritis Can Exercise.

**PICKLEBALL:** Sat 10:30 am and Tue 7:30 pm - \$2pp drop in fee.

Call the Senior Center office.

### PERFORMING ART CLASSES

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

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

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

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

#### **CRAFTS**

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

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

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

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

#### **GAMES/CARDS**

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

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

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

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

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

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

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

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

#### **EDUCATION/ENRICHMENT**

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

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

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

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

The Illusions Band plays.

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

#### **HEALTH PROGRAMS/BENEFITS INFO**

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

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

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

*VNASC BLOOD PRESSURE CLINIC:* 2nd Thu of every month 12:15 pm to 12:45 pm and 4th Wed of every month 1:15 pm to 2:15 pm

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

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

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## Save the Date - Touch A Truck 2018



On Saturday, October 13, 2018, the East Lyme Auxiliary of Child and Family Agency of

Southeastern Connecticut and the East Lyme Parks and Recreation Department will co-sponsor our eleventh annual Touch A Truck event. This is a family event that will take place from 9:00 am to 2:00 pm at McCook Point Park in Niantic, CT. This year there will be Horn Free Hour from 9:00 am to 10:00 am.

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 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, hair beading, games and crafts. Refreshments will be available for sale.



The Rotary Club of Niantic has agreed to be with us again this year with Amber Alert. This is a great time to sign up and take steps to safeguard your children.

The suggested donation is \$4.00 per person (ages 2 and up) to benefit the Child and Family Agency of Southeastern


Connecticut. Child & Family Agency nurtures children and families to develop their strengths through its service, partnership and advocacy. Its programs support children's mental health, children's physical healthcare, the prevention of child abuse, the treatment of family violence, teen pregnancy, parent education, child guidance, and childcare. With a heritage that dates from 1809, Child and Family has grown to become the largest non-profit children's social service provider in southeastern Connecticut. Last year 18,000 families were served in 79 towns in New Haven, Middlesex, wWindham and New London Counties.

To learn more, to volunteer or to donate, visit our website [www.childandfamilyagency.org](http://www.childandfamilyagency.org) or Facebook page (Touch A Truck East Lyme) or call Child & Family Agency at 860-443-2896, Ext. 1406.

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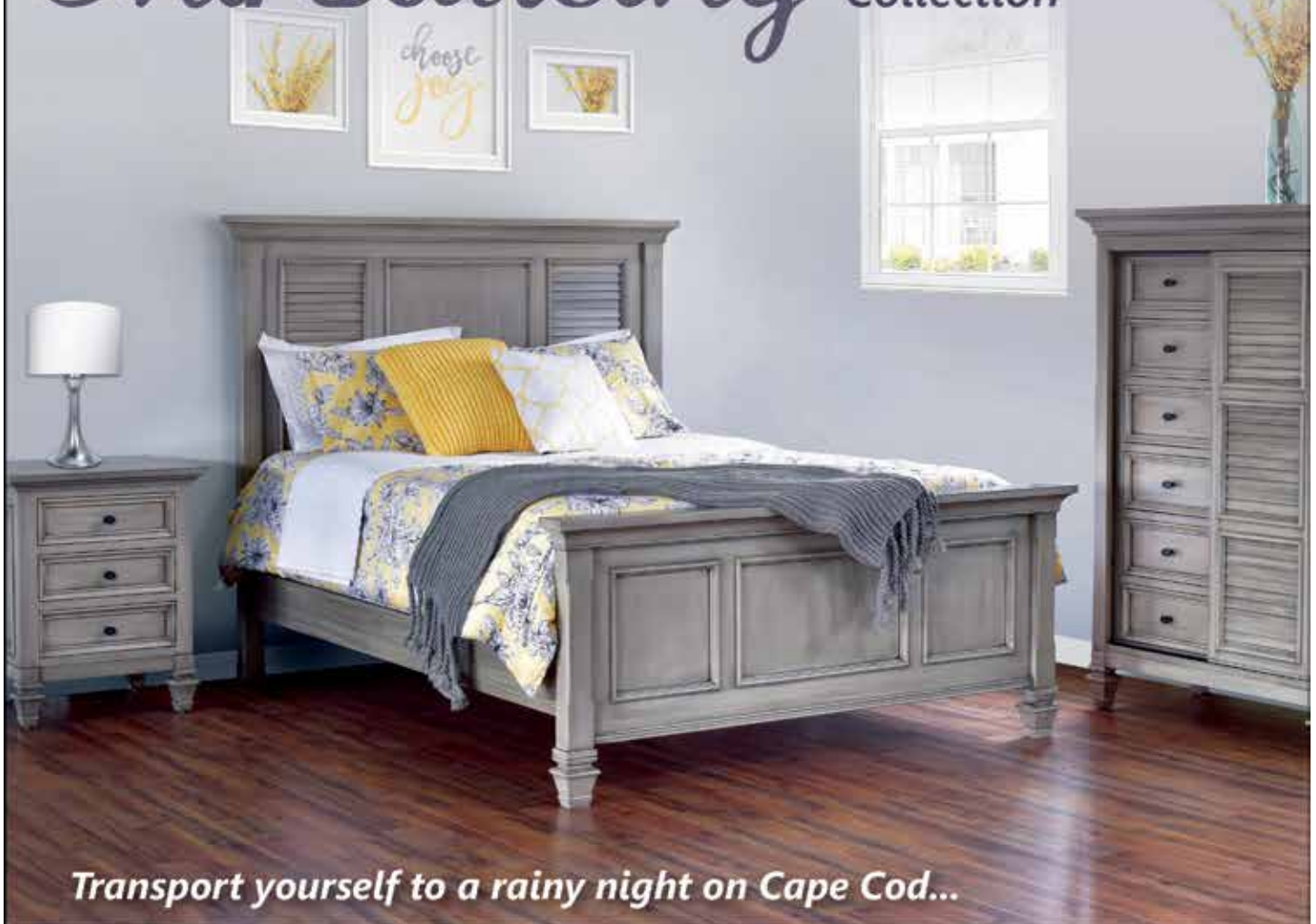
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Newspapers & inserts

Corrugated cardboard & paper bags

Rinsed food cans

Rinsed milk/juice/creamer cartons

**DO NOT put these things in the recycling can:**

**Unacceptable:** plastic bags, plastic films, flower pots, styro-foam, wood, food waste, garbage, leaves/yard waste

**Unacceptable Paper:** Wax paper, soiled paper, soiled napkins/paper towels/tissues, pet food bags & dryer sheets, shredded paper

**Unacceptable Plastics:** Non-bottled plastics (e.g., garden hose, trash & zip lock bags, cereal box bags, bubble wrap, clear plastic wrap, potato chip bags, single cheese wrappers, soiled plastic bottles & bags, styrofoam, coolers, straws, plastic silverware, plastic totes, coolers, toys, clothes hangers)

**Unacceptable Metal:** Dirty aluminum foil, dirty tin cans, wire clothes hangers

**Unacceptable Cardboard:** Soiled pizza boxes & soiled cardboard (Examples: Greasy cardboard, moldy cardboard, cardboard with paint)

**Unacceptable Glass:** Windowpane glass, plated glass, windshield glass, ceramics, candle glass, dinnerware, drinking glasses, pottery, mirrors

**Unacceptable Misc. Items:** Pillows, clothing, furniture, sheet rock, grass clippings, patio umbrellas, furniture, electronics

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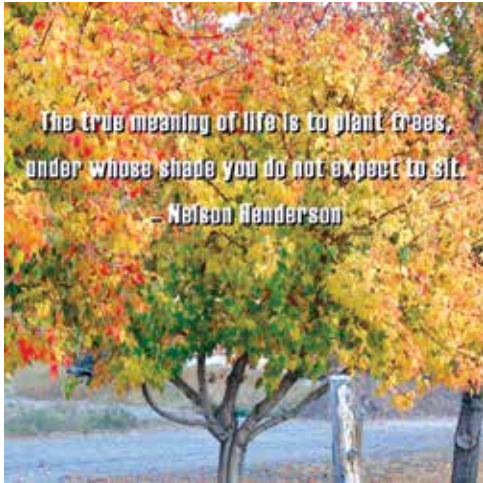
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# East Lyme Public Trust



The East Lyme Public Trust reminds people - Time to Think Ahead to Fall Planting

As we all enjoy the fine weather, walks along the boardwalk, and picnics at McCook Park, it is time to look ahead to fall planting time. The East Lyme Public Trust Foundation in co-operation with the East Lyme Parks and Recreation Department is again pleased to offer THE PROMISE of TOMORROW'S TREES-a

project to raise funds for the support of the Niantic Bay Boardwalk and other projects of the Trust. This commemorative tree program makes available to the public, trees to be placed in public spaces in East Lyme.

In 2015, 8 trees were sponsored at McCook Park and have sold out. In 2016, 5 dogwood trees were sponsored at the Cliff Walk to McCook Point and have sold out. In 2017, we offered Phase III- Cherry Tree Lane- a walkway of five trees along the chain-link fence at McCook Park on Columbus Avenue. The trees, which are located between the side gate and the railroad tracks, are Kwanza Cherry Trees, a flowering, low growing species. Only two trees remain to be sold in that location. Act fast to become part of beautifying that boundary line of McCook Park.

However, McCook Park is not the only public space where people can choose to plant trees. If you are a former athlete, parent, or grandparent, perhaps, you will wish to commemorate the many games you participated in or viewed at Bridebrook Park. Sugar Maple trees are still available there to complete the line of trees along the outfield fence.


If you have always entered the Boardwalk at Cini Park, perhaps, you will want to commemorate the pleasure of a walk by the Bay with a tree located in the Park. Only two Sycamores remain there. Members of the Samuel Smith House can commemorate the many volunteer hours they have spent at this historical house with a tree on the grounds. Book lovers can commemorate the satisfaction they have received from the many services of the Library by planting a tree at the Library Courtyard, and employees and citizens of the town can choose a commemorative tree at Town Hall.

A contribution of \$600 for a tree will cover the cost of the tree, planting, an 8"x4" plaque, a base, and a water bag to assist in the stabilization of the tree. Planting will take place this fall-2018. Application forms will be available at: East Lyme Town Hall-Town Clerk's Office, East Lyme Parks and Rec., East Lyme Library, and the E.L. Book Barn. They also can be found on the Trust web-site: [www.publictrustfoundation.org](http://www.publictrustfoundation.org).




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# 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. Mail in registrations will be accepted after the initial walk in registrations.

Name: \_\_\_\_\_ Spouse's Name: \_\_\_\_\_  
 Address: \_\_\_\_\_ Town: \_\_\_\_\_ Zip Code: \_\_\_\_\_  
 Home Phone #: \_\_\_\_\_ Cell Phone #: \_\_\_\_\_ Provider: \_\_\_\_\_ 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 \_\_\_\_\_

## Joey Logano – Inspiring others to do for others

by Sigrid Kun

Professional NASCAR driver Joey Logano started his racing career right here in Connecticut racing quarter midget cars and quickly made a name for himself. Starting at the age of six, the Middletown, CT native started winning championship after championship – to the point that, by the time he was 15, he was already on the radar with NASCAR racing legends. Now, he's always to be reckoned with on the NASCAR racing scene, competing full-time in the Monster Energy NASCAR series and part-time in the NASCAR Xfinity series.

### THE STATS ARE IMPRESSIVE.

- Youngest driver to win a NASCAR Xfinity Series race - winning at Kentucky Speedway in 2008 when he was just 18 years, 21 days old and in only his third Xfinity Series start.
- 2009 Monster Energy NASCAR Cup Series Rookie of the Year
- Won the Daytona 500 in 2015 - Second youngest driver to win this race.
- 49 combined wins in NASCAR's top-three series

There is, of course, the glitz and the glamor that pervades NASCAR as a whole. And there's the occasional race-action controversy. And there are the ups and downs. After early successes (leading to the nickname, "Sliced Bread") and nearly winning a championship in 2016, Joey failed to make the playoffs in 2017. This year could mark a turnaround. Joey notched a win at Talladega Superspeedway in April, which ended a nearly year-long winless streak and, as of press time, he is sixth in the NASCAR Championship Point Standings.

But there's more to the 28-year-old than that. Joey and his wife Brittany, whom he married in 2014, welcomed their first child into the world this past January. Joey and Brittany have also been very committed to giving back. In a previous conversation, Joey mentioned, "If we can touch a few people's lives and help them become contributing members of our community and the world, it's really going to make a difference and it starts one person at a time." That's the crux of the Joey Logano Foundation that invests in organizations offering second chances to children and young adults during times of crisis and works to inspire others to live a life of generosity.

### WHY SECOND CHANCES?

First, there was a life-changing visit to Joplin, Missouri in 2011 where Joey helped to rebuild a home for a local family following the tornado that devastated the area. That family needed a second chance. Little did Joey know that he would soon need his own second chance. He had been driving the No. 20 Toyota Camry for Joe Gibbs Racing since the 2009 season, but that ended in 2012. He received his second chance when he was picked up by Penske Racing in 2012. The following year, the Joey Logano Foundation was established.



Upper right: Joey Logano. Middle photo: Number 22 on the track. Bottom left: Joey and his wife Brittany at a Meet and Greet. Photos courtesy of the Joey Logano Foundation.

Since 2013, the foundation has invested almost \$2.7 million in various organizations across the country. Programs include inviting children who are facing tough situations (whether physically and/or emotionally) annually to a NASCAR race to be part of the crew for the day, supporting non-profit organizations during the 10-week NASCAR playoffs in each playoff race market, assembling and donating comfort care backpacks to foster and/or terminally ill children, and an annual fundraiser in Connecticut, called Driving Hope Home. A portion of the Driving Hope Home proceeds are donated to The Ronald McDonald House of Connecticut with the remaining proceeds donated to reputable charities the foundation supports to offer children in need a first or second chance. "It's our responsibility. You have to do it. If we're not going to do it, who else is going to be an advocate for these kids," says Brittany, who notes that first chances are important too. "They need a first opportunity in life. If we can shed light to this and inspire others to do the same, we can have a bigger impact than the two of us. That's our goal."

There is no doubt that Joey is a fierce competitor and a pure NASCAR racing talent. But don't overlook the other side. "When you are able to make a difference like that, you can see it in that person's face, how much it affects their lives - there's no better feeling than that," he observes. "I can talk about race wins as much as I want and how great that is but there's nothing better than that win - when you're able to affect something. That's a bigger win than any racetrack can get you."

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