

East Lyme

events

VOLUME 3 • QUARTER 1 • 2015



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First Selectman's Corner

I would like to take this opportunity to thank the people of East Lyme for allowing me to serve as East Lyme's First Selectman. My sincere thanks and admiration goes to Paul Formica, our new State Senator, who led our town with great love and dedication for so many years. Thanks Paul!

East Lyme is a wonderful place to raise a family. Marlene and I chose to move here 27 years ago to start our family... and looking back, we could not have chosen a better place. Serving the community and giving back has become a way of life for us. Marlene has served on the Board of Education for 10 years. I spent 10 years on the Zoning Commission before moving over to the Selectmen for the past five years. Like so many people, we feel giving back to our community is the right thing to do, because so much has been given to us.

Our natural resources; our beaches, the sound and waterways, the Hills, and Nehantic Forest all combine to make this a very unique, special place. Combine that with our talented citizens who tirelessly volunteer and

lend their talents in so many different ways - in churches, youth programs, schools, ballfields, committees & commissions - everyone doing their part to make the fabric of East Lyme so vibrant.

East Lyme's Park and Recreation programming is second to none. Our Director Dave Putnam, along with his able staff work hard to ensure there is something for everyone. I encourage you to shake off the winter cob-webs, read through our entire list of programming and try something new! Meet some new friends, learn a new skill and celebrate the very best of East Lyme!

Best,
Mark C. Nickerson
First Selectman



Mark C. Nickerson

Letter from the Publisher

Dear Valued Readers,

If you've ever seen an Events Magazine, you will appreciate that it provides the latest information from town mayors and selectmen, town departmental schedules and activities, senior news, menus and programs, library information, community listings, economic development and other important town information helping residents to "keep in touch" with what's happening close to home. And the content ensures true shelf life of the magazine.

As we enter our 19th year in 2015 we are introducing a redesign, from cover to cover.

2015 brings excitement as we continue to grow, adding our 15th town. Our latest addition provides local and regional advertisers greater coverage and awareness with the ability to reach over 250,000 readers at a very low cost per thousand.

Our dedication to our magazines will not change and our commitment to help bring our readers their local town news will continue.

Essex Printing Award Winner!

Many encouraging changes have transpired at Essex Printing. We were presented the "The Benny Award" from the Print Industry of America. Over 3000 entries from companies

around the world competed in a variety of printing and graphic communications categories. We are very proud of our accomplishment being selected as one of only 84 companies around the world, and are able to say we are the "Best of the Best". Having won the Print Industry of New England's two Pinnacle Awards and Award of Excellence over the last two years highlights the quality and customer dedication at Essex Printing. In 2015 we will continue to look for new ways to enhance our products and assist our clients to meet their objectives.

I would like to thank you for making Essex Printing and Events Magazines part of your marketing and advertising plan. We are especially proud of the many wonderful and complimentary letters, cards, emails, and personal reviews we receive from our satisfied customers.

Our reputation of excellent customer service has helped us create and build lasting business relationships that are the hallmark of our continued success in helping your business and organization succeed! We look forward to working with you in 2015.

Sincerely,
William McMinn, President
Essex Printing and Events Magazines

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Chiropractic Physician
Clinical Nutritionist

Director's Note

The Parks and Recreation/Youth Services Department has been busy over the past couple of weeks putting together our program offerings for the spring session. I hope you take the time to read through our Events Magazine, and find a program offering that will lead to a healthier lifestyle for you and your family.

I would like to take this time to personally thank our former First Selectman, Paul Formica for his continued support of the Parks and Recreation/Youth Services Department and the entire East Lyme Community. Your guidance and leadership will be missed. I wish you the best of luck at the State Capital. I would also like to take this opportunity to welcome the newest member of our team, Arlene Wilbur, who started as our Administrative Secretary in December.

With warm weather on the way I hope you take advantage of the many parks, trails, walking paths, and beaches that we have to offer. Now is the time to get active. As always, please feel free to contact the Parks and Recreation Office with any program ideas and suggestions. Remember to feel great... "Recreate".



Sincerely,
David M. Putnam, Director
Parks and Recreation/Youth Services

Parks & Beach Info

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

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

State 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 22 – Sept 8, 2015, AT ANY BEACH FACILITY: SEE BELOW REGULATION State Regulation (Public Swimming Area Regulations) Section 19a-36-B61 (10) states domestic animals shall be prohibited in the water and the land immediately adjacent to the water of a public swimming area when the public swimming area is open for use.

Boardwalk Construction Update

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

Beach/Parking Passes

Parking permits will go on sale beginning April 1st at the Parks & Recreation Office. Permits will be sold from 8:30 a.m. to 4:00 p.m. throughout the season. From May 21 – June 25 the office will extend the office hours to 7:00 p.m. on Thursday's. To obtain a season permit, ALL applicants must present their valid car registration at time of purchase. If you are new to town, please bring your tax bill or lease to expedite the process. To avoid lines, you can mail in a copy of your registration, a copy of your latest tax bill (if vehicle is not registered to an East Lyme/Niantic address), the fee (checks payable to Town of East Lyme) and a self-addressed envelope, and we will process your request and mail your beach pass to you.

Fees for 2015

Resident	\$35.00
Resident (Add'l car)	\$25.00
Senior (62 & over)	\$15.00
Non-Resident	\$100.00
Resident Day Parking	\$10.00
Non-Resident Day Parking	\$25.00
Non-Resident Day Walk In	\$10.00
Non-Resident Season Walk –In	\$50.00

As of Saturday, May 23 (Memorial Day Weekend), all vehicles must have a parking permit to enter the parks through September 7 (Labor Day). Park hours are 8:00 am to dusk. Lifeguards are on duty daily from 9:00 am – 5:00 pm, beginning tentatively on June 19 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. 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.

continued on page 6

events

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PARKS & BEACH INFO

... continued from page 5

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.

Contents

First Selectman's Corner	3
Letter from the Publisher	3
Director's Note	5
Parks & Beach Info	5
Contents	6
Parks & Recreation Department	7
Community Bulletin Board	8
Parks & Recreation Programs	10
Skyhawks Sports Programs	13
East Lyme Regional Theater	14
East Lyme Public Trust Foundation	15
Parks & Recreation Adult Programs	16
East Lyme Athletic Organizations	19
East Lyme Youth Services	20
East Lyme Senior Center	22
East Lyme Public Library	24
East Lyme Public Safety	26
Touch-A-Truck 2015	28
Parks and Recreation Registration Policies	30
Parks & Recreation Registration Form	31
East Lyme Youth Services Registration Form	32
Recycling Schedule	34

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Parks & Recreation Department



Parks & Recreation Department Staff

Contact Information & Websites

Executive Director: David M. Putnam

Program Coordinator: Carolann Rossiter

Administrative Assistant: Robin Grandieri

Administrative Secretary: Arlene Wilbur

Special Events Coordinator: Michael R. McDowell

Park Foreman: Edward Ball

Maintenance Support: Michael Rak, Jason Alves, Jake Pickerell

Parks & Recreation Commission Members

Chairman - J. Robert Pfanner

William Willets, Jr., Charles Fenick, Jackie Curry,

Patrick Larkin, Roger Nadeau, Milan Keser

The Parks and Recreation Commission meets in the Parks and Recreation conference room on the first Thursday of each month at 7:00 p.m. The public is welcome to attend the meetings.

East Lyme Police Department 860-739-5900

East Lyme Public Library 860-739-6926

www.ely.lioninc.org

East Lyme Public Works 860-739-8444

East Lyme Senior Center 860-739-5859

East Lyme Town Hall 860-739-6931

www.eltownhall.com

East Lyme Youth Services 860-739-6788

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

41 Society Road, Niantic, CT

860-739-5828 fax 860-691-2409

www.eltownhall.com

Athletic Organizations

EAST LYME BABE RUTH LEAGUE

Jay Reid, President / 860-326-1579

www.eastlymebaberuth.com

EAST LYME LACROSSE

Judd Andres / 860-739-2260 / Cell 860-912-3106

www.ella.uslaxteams.com

EAST LYME LITTLE LEAGUE

Rob Tukey / 860-912-2679 / rtukey71@gmail.com

www.ETEAMZ.com/EastLymeLittleLeague

EAST LYME SOCCER CLUB

Chuck Massung / 860-739-9147 / www.eastlymesoccer.org

EAST LYME YOUTH FOOTBALL

Chip Mundell / 860-271-6191

EAST LYME YOUTH CHEERLEADING

Tammy Bogue / 860-303-1741

EAST LYME JUDO CLUB

Nancy Kelly / 860-691-3314

EAST LYME YOUTH BASKETBALL

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

www.eastlymeyouthbasketball.org

Clubs

NEW COMERS CLUB

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

MOMS CLUB OF EAST LYME

www.eastlymemomsclub.org

WOMENS CLUB OF SE CONNECTICUT / 860-691-1948

EAST LYME GARDEN CLUB

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

AMERICAN LEGION AUXILIARY, UNIT 128

Pat Keegan / 860-739-2107

EAST LYME SCOUTING

GIRL SCOUTS REGIONAL OFFICE

Jenna Duff / 800-922-2770 x 3728

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

DISTRICT SCOUTS REGIONAL OFFICE

Mike Cooney / 860-373-0097

CUB SCOUTS PACKS

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

www.pack24eastlyme.org / pack24eastlyme@gmail.com

Axel Mahlke, #7 / 860-287-1174

BOY SCOUT TROOPS

George Sisson, #7 / 860-691-2165

Robin Greer, #24 / 860-443-5492

Richard Cushing, #240 / 860-739-5239

Community Bulletin Board

Passports

East Lyme Parks & Recreation Department is an Acceptance Facility for Passports. Please call (860) 739-5828 to make an appointment to have your passport application processed or for any questions. Evening hours will be available on Thursday's only May 21- June 25. Office will be open until 7:00pm. Appointments must be made in advance for this day.

DEEP Boating Course

Dates: April 28 & 30 and May 5 & 7

Time: 6:30-8:30pm

Location: East Lyme Youth Center

Fee: \$25.00

East Lyme Parks & Recreation will be accepting registration into its DEEP State Boating class, for individuals age 10 & older. Classes will be held at East Lyme Youth Center.

This 4 day class fulfills the education requirements for the CT Certificate of Personal Watercraft Operation, which allows boaters to operate a motor vessel, including personal watercraft (Jet Ski type boats), in the State of Connecticut. Students must attend all classes to qualify.

Men's Softball League Organizational Meeting

The League is scheduled to begin play on May 11th. All games are played at Samuel M. Peretz Park @ Bridebrook. The Department

is currently accepting Teams for the 2015 season. Please contact Carol @ Parks & Recreation for more information. Reminder: Meeting March 17th at 6:30pm in the Parks & Recreation Office.

USO Dance Canteen

The East Lyme Senior Center is hosting a USO Dance Canteen on Friday, February 27th from 7pm to 10pm at the East Lyme Community Center. Tickets are \$12.00 per person and can either be purchased at the Senior Center Office or at the door on the night of the event. Seating is limited. Dance to the Big Band Sound of the CT 2nd Regimental Governor's Foot Guard Dance Band - a 15 piece band. If you don't dance, come for the music of the 1940's.

Summer Playground & Extended Care

Children entering 1st - 6th Grade

Date: June 22 - August 7 M-F (No Program 7/3)

Time: Playground - 8:30 am - 1:00 pm

Extended - 1:00 pm - 5:00 pm (offered by the week only)

Fee: \$210.00 Residents/ \$310.00 Non Residents for Playground

Fee: \$60.00 Residents / \$105.00 Non Residents for Extended Care

Registration: Begins Wednesday, June 3 at the Parks & Recreation Office

Summer "Hang-Out"

For children entering 7th grade to Age 15


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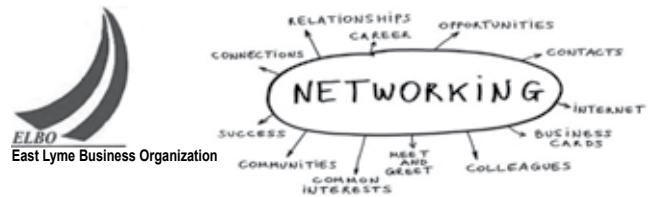
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East Lyme Business Organization

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

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

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

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

Check out local events and news at:
www.facebook.com/EastLymeBusinessOrganization

Weekly Program for East Lyme Residents Only
Date: June 22 – August 7 M-F (No Program 7/3)
Time: 8:30 am – 1:30 pm
Fee: TBA

Location: East Lyme Youth Services
Registration: Begins Wednesday, June 3 at the Parks & Recreation Office

Summer Employment

We are now accepting applications through April 17th for Lifeguards, 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

Dates: 1st Saturday of each month through end of June – 6:30 pm-11:00 pm. 3rd Friday of each month – 7:00 pm-10:00 pm (April, May, June).

Where: East Lyme Library & Community Center Activity Room
For more information contact: Russell Carr (860) 574-4303 or www.usadancenewlondonct.com

Shoreline Swing Dances

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

4/18 - Cartels

5/20 - Super Chief Trio

6/20 - Hot Cat Jazz

Cost of Admission:

Members, Seniors, Military - \$11.00/Non Members \$15.00
Students (up to age 22) \$5.00. For more info contact:
shorelineswingct@gmail.com 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. No bridge games will be held January – March.

Dates: April 7 to June 30

Days: Tuesday

Time: 10:00 am – 1:30 pm

Fee: \$6.00 per person, per day

Where: East Lyme Library/Community Center – Activity Room

Instructor: Pat Kelsey

Medication Administration Certification Training

2015 State Of Connecticut Office Of Early Childhood Approved

This class is the new, video-based curriculum created by the Yale School of Nursing and approved by the State of Connecticut's new Office of Early Childhood. This certification is required for all home and day care center providers. Class will be held through East Lyme Parks & Recreation Dept. at the Community Center on Saturday April 25th. For the complete description of this class please go to Adult Programs in this issue.

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Parks & Recreation Programs

Preschool through Age 7 Programs

Creative Arts for Kids

Ages 3 & 4

Session: 450301-01

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

Dates: May 1 to June 5

Days: Friday

Time: 9:15 to 10 a.m.

Fee: Resident \$30/Non-Resident \$45.00

Registration: Begins April 15

Location: East Lyme Library/Community Center/Youth Center

Instructor: Christina Jessuck

I'm 2 Crafts

Session #450301-02

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

Dates: April 30 to June 4

Days: Thursday

Time: 10:00 to 10:30 a.m.

Fee: Resident \$25/Non-Resident \$40

Registration: Begins April 15

Location: East Lyme Library/Community Center/Youth Center

Instructor: Christina Jessuck

Got "2" Be Moving

Session #450501-03

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

Dates: April 30 to June 4

Day: Thursday

Time: 9:15 to 9:45 a.m.

Fee: Resident \$25/Non-Resident \$40

Registration Begins April 15

Location: East Lyme Library/Community Center/Olive Chendali Room

Instructor: Christina Jessuck

I'm 2

Session #450201-01

I'm 2 is a child participation only class that focuses on socialization through age appropriate development play through dramatic play, music and movement.

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Dates: April 27 to June 8 (no class on 5/25)
Day: Mondays
Time: 10:15 to 11:00 a.m.
Fee: Resident \$30/Non Resident \$45
Registration: Begins April 15
Location: East Lyme Library/Community Center/Olive Chendali Room
Instructor: Christina Jessuck

Outdoor Education

Ages 3 to 5
Session #450601-02
Using the outdoors as their classroom, the children, ages 3 to 5, discover the wonders of the natural world. Observing & exploring the beach, or the woods, develop skills & concepts such as language & sensory development, conservation & sustainability. This class is child participation only.
Dates: April 30 to June 4
Day: Thursday
Time: 10:45 to 11:30 a.m.
Fee: Resident \$30/Non Resident \$45
Registration: Begins April 15
Location: East Lyme Library/Community Center/Youth Center
Instructor: Christina Jessuck

Tot Gym

ages 3 to 5
Session #450501-01
Children come to Tot Gym ready to run! This class encourages children to engage in physical activities & games to build large motor skills, to cooperate with peers, to follow directions & to develop socialization skills. Examples of games & activities include circle & movement games, ball games, parachute games, silly dances, obstacle courses, yoga, relay races & so much more. Tot Gym is a child participation only class.
Dates: May 1 to June 5
Days: Friday
Time: 10:15 to 11:00 a.m.
Fee: Resident \$30/Non Resident \$45
Registration: Begins April 15
Location: East Lyme Library/Community Center/Smith-Harris Room
Instructor: Christina Jessuck

Mommy/Daddy & Me

Session #440901-01
Infants – 2 years old

Stimulate your baby's natural response to music! Parents and babies learn rhymes, songs, lullabies, floor and lap games. Dance, shake and play together to an array of musical styles and genres. Your baby will develop important listening and motor skills. Adult participation required.
Dates: March 27 – May 22 (No class 4/17)
Days: Friday
Time: 9:45 – 10:30 am
Fee: Resident \$75.00/Non Resident \$90.00
Registration: Begins March 2
Where: Niantic Center School, Room 107
Instructor: Erin Stanley

Preschool Music, Movement and Exploration

Ages 2 ½ - 5 years old
Imagination! Creativity, fun and interactive learning are the basis of this class. Students will experience different genres of music while singing, dancing and telling stories through exploration and play. Adult participation is required for some of the class.
Dates: March 27 – May 22
(No class April 17)
Days: Friday
Time: 10:45 – 11:30 am
Fee: Resident \$75.00/Non Resident \$90.00
Registration: Begins March 2
Where: Niantic Center School, Room 107
Instructor: Erin Stanley

YOUTH PROGRAMS

Little Broadway Stars

Session #440911-01
Ages 5-7
A singing, dancing, and acting class for some of our youngest performers. Learn fun songs, basic jazz, ballet and tap and act out popular children's stories. Students will showcase all they learned in our final class. Dancing shoes are encouraged.
Dates: March 26 – May 21 (No class 4/16)
Days: Thursday
Time: 4:15 – 5:00pm
Fee: Resident \$75.00/Non Resident \$90.00
Registration: Begins March 2
Where: Niantic Center School, Room 107
Instructor: Erin Stanley

DISNEY Frozen performance workshop (Grades K-2)

Session #440914-014
Do you love to dance and sing? Do you love Frozen? Then come join the fun and learn a great routine based on your favorite Disney movie. This class will consist of a warm-up and a brand new dance routine, singing the songs, fun exploratory games and more surprises. No experience is necessary and costumes are welcome.
Date: Saturday, March 28
Time: 10:00-11:30am
Fee: \$20.00
Registration: Begins March 2
Where: East Lyme Community Center/Senior Center
Instructor: Erin Stanley

Hairspray Performance Workshop

Grades 3 and up
Session #440914-02
This class will consist of a warm-up and a brand new dance routine. For those who like to sing we will familiarize ourselves with the music and learn more about this show. We will have a few surprises in store too. We'll learn choreography based on "Hairspray," No dance experience is necessary and costumes are welcome.
Date: Saturday, April 4
Time: 10:00-11:30am
Fee: \$20.00
Registration: Begins March 2
Where: East Lyme Community Center/Senior Center
Instructor: Erin Stanley

Wicked Performance Workshop

(Grades 3 and up)
Session # 440914-03
This class will consist of a warm-up and a brand new dance routine. For those who like to sing we will familiarize ourselves with the music and learn more about this show. We will have a few surprises in store too. We'll learn choreography based on "Wicked," No dance experience is necessary and costumes are welcome.

continued on page 12

P&R Programs ... continued from page 11

Date: Saturday, April 18
Time: 10:00-11:30am
Fee: \$20.00
Registration: Begins March 2
Where: East Lyme Community Center/
Senior Center
Instructor: Erin Stanley

Drama Club

Session #440905-01
Grades 2-4
Experience various aspects of theater from role-play and character development to improvisation. Acting games will provide the foundation for this group with emphasis on exploration, critical thinking, social development and process.
Date: March 25 – May 20 (No class 4/15)
Days: Wednesday
Time: 3:45 – 4:45pm
Fee: Resident \$75.00/Non-Resident \$90.00
Registration: Begins March 2
Where: Flanders School

Musical Theater Audition Workshop

Ages 11 and up (Adults welcome!)
Session# 440914-04
Want to prepare for a big audition coming up? College auditions, community theater or maybe even ELRT's summer production? Learn how to pick the right song, what to wear and how to put together a resume. Also learn what directors are looking for, how to impress the choreographer and how to fight off those nerves. Each student is encouraged to bring a song and or a monologue that they may want to get feedback on. We will also explore reading sides and cold readings. This class will be taught by ELRT's Artistic Director and Musical Director. They have been working in the arts for over 25 years. They have won several awards for their programs and performances. Each year they prepare students for top universities, summer stock and professional theater programs. Their students have attended some of the top universities and performed professionally across the country.
Date: Saturday, April 25
Time: 9:30-11:45am
Fee: \$40.00

Registration: Begins March 2
Where: East Lyme Community Center/
Senior Center
Instructor: Erin Stanley

Fun, Fit Friday's

Session #420201-01
Grades 5 -8
Class is lead by Anytime Fitness Personal Trainers. This program is ideal for middle school students who need to keep moving during the colder months. Classes will incorporate basic aerobic exercises and strength training focusing on proper form and technique. Games as well as non-competitive activities will be used to get their hearts pumping and keep their interest engaged.
Dates: March 20 – April 24
(No class 4/3,4/17)
Days: Friday
Time: 3:15 – 4:00pm
Fee: Resident \$45.00/Non-Resident \$60.00
Registration: Begins Feb 27
Where: East Lyme Community Center

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 17 – May 12 (No class 4/14)
Days: Tuesday
Time: 6:30 pm – 8:00 pm
Fee: Resident \$75.00/Non-Resident \$90.00
(Includes Equipment)
Registration: Begins March 3
Where: Lillie B. Haynes Elementary School – Gymnasium
Instructor: Thames River Fencing Club

Intermediate Foil

Session #480201-01
Beginning Foil One is a prerequisite. This class builds upon the skills introduced in Beg Foil One and covers more complex

footwork & blade work, including variations on attacks on the blade and blades take (prises de fer). Bouting skills, tactics and the fencing rules are also covered in greater detail.
Dates: March 19 – May 14
(No class 4/16)
Days: Thursday
Time: 6:30 pm – 8:00 pm
Fee: Resident \$75.00/Non-Resident \$90.00
(Includes Equipment)
Registration: Begins March 3
Where: Lillie B. Haynes Elementary School – Gymnasium
Instructor: Thames River Fencing Club

Advanced Intermediate Foil

Session #480301-01
Intermediate Foil is a prerequisite. This class builds upon the skill introduced in Intermediate and covers more complex footwork & blade work, including variations on attacks on the blade and blades take. Bouting skills, tactics and the fencing rules are also covered in greater detail.
Dates: May 19 – June 4
Days: Tuesday & Thursday
Time: 6:30 – 8:00 pm
Fee: Resident \$75.00/Non-Resident \$90.00
(Includes Equipment)
Registration: Begins May 5
Where: Lillie B. Haynes Elementary School – Gymnasium
Instructor: Thames River Fencing Club

Gold Medal Squared Volleyball Camp

Session#140301-01
For High School girls entering grades 9 through 12. This is an all day camp from 8:00am – 5:00pm, with a break for lunch. Participants must pay and register with the Parks & Recreation office first before registering with GMS.
Dates: Aug 10 – Aug 13
Days: Monday - Thursday
Time: 8:00 am – 5:00 pm
Fee: \$210 -EL/Salem Students/ \$225.00 – Non-resident students
Registration: Begins April 1
Where: East Lyme High School, north gymnasium
Contact: Carol Rossiter (860) 739-5828

Skyhawks Sports Programs

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

Tiny Hawks Ages 3 & 4

This is a "Parent & Child team" camp. Adult participation is highly encouraged.

Dates: Session 1: June 22 – June 26 M-F

Session 2: Aug 3 – Aug 7 M-F

Time: 9:00 am – 9:45 am

Fee: \$69.00

Where: Samuel M. Peretz Park @ Bridebrook

Mini Hawks Ages 4 - 7

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

Dates: Session 1: June 22- June 26 M-F 10:00am-1:00pm

Session 2: July 13 – July 17 M-F 9:00am – 12:00pm

Session 3: Aug 3– Aug 7 M-F 10:00am-1:00pm

Fee: \$119.00 per session

Where: Samuel M. Peretz Park @ Bridebrook

Tennis Ages 7 – 12

Boys & girls learn proper grip, footwork, strokes, volleys & serves, as well as the rules and etiquette that make tennis an exciting game. Space is limited.

Dates: Session 1: June 22 – June 26 M-F

Session 2: July 6 – July 10 M-F

Time: 9:00 am – 12:00 pm

Fee: \$119.00 per session

Where: East Lyme High School – Tennis Courts

Track & Field Ages 7 – 12

Using special equipment, boys & girls learn the fundamentals of body positioning, stride, proper stretching & cool down techniques.

Dates: June 29 - July 2 M-Thurs (4 day camp)

Time: 9:00 am – 12:00 pm

Fee: \$99.00

Where: East Lyme High School – Track

Golf - Beginners Ages 5-8

Boys & girls will learn the fundamentals of swinging, putting & body positioning. Using the SNAG (starting new @ golf) system, we have simplified instruction so that young players can make effective transition onto the golf course.

Dates: July 27 – July 31 M-F

Time: 9:00 am – 12:00 pm

Fee: \$119.00

Where: Samuel M. Peretz Park @ Bridebrook

continued on page 14

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Skyhawks Sports Programs ... continued from page 13

Multi-Sport Ages 7 -12

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

Dates: July 13 – July 17 M-F

Time: 9:00am – 12:00pm

Fee: \$119.00

Where: Sam Peretz Park - Bridebrook

Basketball Ages 5-7 & Ages 7-10

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

Dates: July 20 – July 24 M-F

Time: 9:00am – 12:00pm Ages 5-7

9:00am – 1:00pm Ages 7-10

Fee: \$119.00

Where: Sam Peretz Park – Bridebrook



East Lyme Regional Theater

An East Lyme Parks & Recreation Program

East Lyme Regional Theater will celebrate their 6th 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. Also, don't miss our summer musical theater camp in July!

Go to www.eastlymeregionaltheater.com for more information.

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

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East Lyme Public Trust Foundation

Trees For Tomorrow Project

The East Lyme Public Trust Foundation in co-operation with the East Lyme Parks and Recreation Department is pleased to announce a new project to raise funds for the support of the Niantic Bay Boardwalk and other projects of the Trust. They are offering sponsors a commemorative tree program - Trees for Tomorrow - which will make available commemorative trees to be placed in public spaces in East Lyme.

Trees can be donated to commemorate a birth, wedding, graduation, etc. They can also honor a loved one or a special event. This is a chance to use the resonating power of trees to create a lasting, living memorial that will provide scenic beauty and contribute to a healthy ecosystem.

Sponsors may choose to locate a tree at Cini Park, McCook Point Park, Bridebrook Park, The Samuel Smith House, The Smith Harris House, The East Lyme Library

Courtyard, or East Lyme 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 waterbag.

Planting will take place in the spring and fall of 2015. The first phase will offer 25 trees for planting in the various locations chosen by the Tree Warden and the East Lyme Parks and Rec. Department. Since the East Lyme Public Trust Foundation is a non-profit 401c, contributions are tax deductible.

Application forms will be available at: East Lyme Town Hall, 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

Boardwalk Benches Available

The East Lyme Public Trust Foundation has benches available for the Niantic Bay

Boardwalk. The Boardwalk Bench Program is in the final phase with approximately 30 bench openings remaining.

The benches will be added to the western half of the Boardwalk once reconstruction has been completed. The Town anticipates a completion date of early summer. These commemorative benches have proven to be a popular way to honor a special person and to support the Town Park.

The bench is available for a tax-deductible contribution of \$800.00. Each bench will include an engraved plaque with the donor's message. Order forms are available on the East Lyme Public Trust Foundation web site, www.publictrustfoundation.org, or by contacting Carol Marelli, 860-739-2688 or camarelli@sbcglobal.net.

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Parks & Recreation 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: May 4 – July 1 (No class 5/25)

Days: Monday – Wednesday - Friday

Time: 8:30 am – 9:30 am

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

Registration: Begins April 21

Where: East Lyme Library/Community Center – Activity Room

Instructor: Sue Roos/AFFA,
Donna Neaton/AFFA

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 28 – June 18 (No Class 5/21)

Days: Tuesday & Thursday

Time: 10:15 am – 11:15 am

Fee: Resident \$50/\$30 (1day)/

Non-Resident \$65/\$45 (1day)

Registration: Begins April 21

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

Instructor: Donna Neaton-AFFA & Kim Stirtan-BSPE, ACE & Stott Pilates

Co-ed Cardio and Total Body Conditioning

Session # 410202-01

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 27 – June 10

Days: Monday – Wednesday

Time: 5:00 pm – 6:00 pm

Fee: Resident \$45.00

Non-Resident \$60.00

Registration: Begins April 21

Where: East Lyme Library/Community Center – Activity Room

Instructor: Donna Neaton-AFFA

Wednesday Zumba

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 22 – June 24

Days: Wednesday

Time: 3:55 pm – 4:55 pm

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

Registration: Begins April 8

Where: East Lyme Library/Community Center/Activity Room

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 14– June 30

Days: Tuesdays

Time: 5:30pm – 6:25pm

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

Registration: Begins April 8

Where: East Lyme Library/Community Center – Activity Room

Instructor: Donna Neaton AFAA/Zumba Instructor

Saturday Morning Zumba Aerobics

Session #410103-03

This 1½ hour class begins with 50 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 11 – June 27 (No class 4/18)

Days: Saturdays

Time: 8:30 am – 10:00 am

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

Registration: Begins April 8

Where: East Lyme Library/Community Center – Activity Room

Instructor: Donna Neaton AFAA/Zumba Instructor

Core Workout (replaces Pilates)

Session # 410301-01

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

Dates: May 12 – June 23

Days: Tuesday

Time: 6:30 pm – 7:30 pm

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

Registration: Begins April 21

Where: East Lyme Library/Community Center – Activity Room

Instructor: Kim Stirtan-BSPE, ACE & Stott Pilates

Monday Co-ed 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 20 – June 29 (No Class 5/25)

Days: Monday

Time: 6:10 pm – 7:25 pm

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

Registration: Begins April 1

Where: East Lyme Library/Community Center – Activity Room

Instructor: Rosemary Gentile - RYT

Wednesday Night Co-ed 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 – 7:55pm and follow with an optional meditation from 7:55-8:15pm. Participants are required to bring a non-slip exercise mat.

Dates: April 15 – July 1

Days: Wednesday

Time: 6:30 pm – 8:15 pm

Fee: Resident \$60/Non-Resident \$75

Registration: Begins April 1

Where: East Lyme Library/Community Center – Activity Room

Instructor: Michelle Flowers, RYT 500

Body Sculpting with Sue

Session 410201-01

This is a muscle toning class using hand held weights and bands. The challenging workout is for all fitness levels. It features a full body workout taking individuals from standing moves to floor workouts. The class ends with an abdominal workout

and stretching exercises. Participants are required to bring a mat and weights.

Dates: May 5– June 4

Days: Tuesdays & Thursdays

Time: 4:00pm – 5:00 pm

Fee: Resident \$30/Non-Resident \$45

Registration: Begins April 21

Where: Lillie B Haynes School Gym

Instructor: Sue Roos AFFA

Stability Ball Plus - Thursday

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: April 23 – June 25

Days: Thursdays

Time: 4:45 pm – 5:40 pm

Fee: Resident \$40

Non-Resident \$55

Registration: Begins April 1

Where: East Lyme Library/Community

Center – Smith-Harris Room

Instructor: Donna Neaton AFAA/Zumba

Instructor

Stability Ball Plus - Monday

Session 410403-02

Same information as previous session on Thursday with different dates and time as listed below.

Dates: April 20 – June 29 (No class 5/25)

Days: Monday

Time: 4:00pm – 4:55 pm

Evening PIYO Class

Session #410106-01

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

Dates: April 9 to June 25

Days: Thursday

Time: 5:45 to 6:30 p.m.

Fee: Resident \$45/Non Resident \$60

continued on page 18



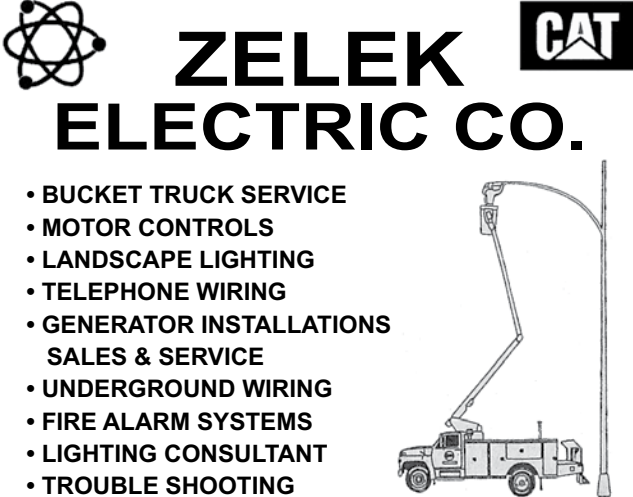
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P&R Adult Programs ... continued from page 17

Registration: Begins April 1
Location: Activity Room, East Lyme Public Library/Community Center
Instructor: Marsha A Pirie, Certified PiYo Instructor

Morning PIYO Class

Session #410106-02
Same description as evening session.
Dates: April 10 to June 26
Days: Friday
Time: 9:35 to 10:20 a.m.
Fee: Resident \$45/Non Resident \$60
Registration: Begins April 1
Location: Activity Room, East Lyme Public Library/Community Center
Instructor: Marsha A Pirie, Certified PiYo Instructor

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 13 – June 22 (No class 5/25)
Days: Monday
Time: 5:15 pm – 6:15 pm
Fee: Resident \$55
Non-Resident \$70
Registration: Begins March 16
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 pre-requisite. Participants must provide proof of rabies and parvo at the time of registration. The dog must be 4 months and older. Same information as above Beginner class with exception of time:
Time: 6:30 pm – 7:30 pm

Ballroom Dance Beginner Lessons

Session # 430101-01
The Beginner Class will include instruction in waltz, foxtrot, rumba and swing.
Dates: March 26 – May 14
Days: Thursday
Time: 6:35 pm – 7:35 pm
Fee: Residents \$45
Non-Residents \$60
Registration: Begins March 16
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.
Same information as the beginner's class except for time:
Time: 7:35 pm – 8:35 pm

Medication Administration Certification Training 2015 State Of Connecticut Office Of Early Childhood Approved

This class is the new, video-based curriculum created by the Yale School of Nursing and approved by the State of Connecticut's new Office of Early Childhood. This certification is required for all home and day care center providers.

MODULE 1

Session #480701-01
General principles of medication administration: oral, topical & inhalant medications. Required every 3 years.
Date: Saturday, April 25
Time: 9:30 a.m. to 1:30 p.m.
Where: East Lyme Library/Community Center, Olive C. Room
Fee: Resident \$50/Non-Resident \$55
Instructor: Liz Caruso, BA, RN, CLNC, CMAT

MODULE 2

Session #480701-02
Anaphylaxis and Emergency Medication: Principles of Administration of Injections by Premeasured, Commercially Prepared Syringe. Required every year.
Time: 1:30 to 2:30 p.m.
Fee: Resident, \$20/Non-Resident \$25
Date, location and instructor the same as above.

The Shoreline Soup Kitchens & Pantries

EAST LYME

Every Thursday from 5 - 6:00 pm
St. John's Episcopal Church / 400 Main Street, Niantic
Guests are reminded to bring bags.

Visit www.shorelinesoupkitchens.org for a full listing of SSKP's shoreline meal sites and pantries.

East Lyme Athletic Organizations

East Lyme Cheerleading Seniors - Junior - Micros - Minis

The ELYCL program strives to provide a safe & respectful environment that will enrich the athletes understanding of the sport. Through cheerleading the emphasis will be to provide opportunities to the athletes that will encourage personal growth, promote teamwork, respect, and help develop positive self-confidence. We welcome all levels, beginners to advanced!

Season starts on August 1st and runs through early November. The ELYCL program is open to children who reside in East Lyme, Salem and Old Lyme. Registration is open to kids entering into grades K through 8th and are between the ages of 5 and 14. Visit our website @ EastLymeYouthCheer.com or email President Tammy Bogue: tammybogue@sbcglobal.net

East Lyme Little League

Registration is open and can be accomplished on line at www.eteamz.com/eastlymelittleleague/

On Site Registration Dates Times

Saturday January 31 @ 9:00am - 12:00pm Lillie B Haynes
Wednesday February 11 @ 5:00pm - 8:00pm EL Middle School
T-Ball \$75; A & AA Baseball \$100; and AAA and Majors Baseball \$125 (includes pants, belt, socks). All divisions of Softball \$100.
If you register more than one player you will receive a family discount of \$30 for each additional player.

Minor League Baseball Evaluations

(ages 7 & 8 who wish to be considered for the "play-up" option) and Major League / AAA Tryouts (ages 9 - 12)

Sunday March 8, 2015 - East Lyme Middle School

9:00am - 10:00am Minor League Evaluations (ages 7 & 8 only)
10:15am - 12:15pm Major League Tryouts Last Name A - O (ages 9 - 12 only)
1:00pm - 3:00pm Major League Tryouts Last Name P - Z (ages 9 - 12 only)

Sunday March 15, 2015 - East Lyme Middle School

9:00am - 10:00am Minor League Evaluations (ages 7 & 8 only)
10:15am - 12:15pm Major League Tryouts Last Name A - Z (ages 9 - 12 only)

Softball Evaluations

Sunday February 22, 2015 and Sunday March 1, 2015
East Lyme Middle School
9:00am - 12:00pm

East Lyme Babe Ruth

For info on 2015 Sign-Ups call (860) 326-1579 or email eastlymebaseball@yahoo.com

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East Lyme Youth Services

45 Society Rd., Niantic, CT 06357 (860) 739-6788

Email: mmcdowell@eltownhall.com

Serving the East Lyme and Salem Communities

Dave Putnam – Executive Director

Mike McDowell – Program Director

Office Hours 8:00 am – 4:00 pm

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

Youth Services Commission

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

Registration

Registration for Spring Youth Service programs will begin on Friday, February 27.

Flanders 5k: Sunday, April 26th

Join us for the 16th Annual Flanders 5k Run and Walk. This is a great, flat course for runners and walkers alike. Check in is at the East Lyme High School pool area, and the race begins on Boston Post Road near Flanders Elementary School. Pre-register by April 1st to save on the registration fee and be guaranteed a T-shirt! Registration forms can be found on the youth services/parks and rec. sections of the town website. All profits benefit youth programming in the community!

Fun, Fit, Fridays (Grades 5-8)

Day: Friday's

Location: The Community Center in the Activity room

Time: 3:15-4:15 pm

Meeting Dates: 3/20, 3/27, 4/10, 4/24 (Skip Dates 4/3, 4/17)

Fee: \$45 residents / \$60 Non-residents

Class is lead by Anytime Fitness Personal Trainers. This program is ideal for middle school students who need to keep moving during the colder months and into the spring when Connecticut weather is still “iffy”. Classes will incorporate basic aerobic exercises and strength training focusing on proper form and technique. Games as well as non-competitive activities will be used to get their hearts pumping and keep their interest engaged. All children are welcome, regardless of fitness background, as this class is the perfect program for child athletes or any kid who just needs to run around and release some energy!

Home Alone

Session #9344010-01 Day: Mondays

Location: The Community Center in the Olive C. Room

Time: 3:00-4:00 PM

Meeting Dates: 3/9, 3/16, 3/23

Fee: \$45 residents / \$60 Non-residents

Recommended for all students in 5th and 6th grade. Participants learn how to be home without supervision responsibly, utilizing the expertise of local police and fire professionals and other guest speakers.

What's Cookin' for Kids

Session #932220-01 Day: Wednesdays

Time: 3:00-5:00 PM

Location: The Community Center in the main kitchen (near the senior center)

Meeting dates: 3/18, 3/25, 4/1, 4/8

Fee: \$50 resident/ \$55 Non-resident

Participants will learn cooking techniques, while preparing yummy meals. Participants will be given instruction and assistance in learning some basic meals they can contribute to their family's weekly menu! Parents please take note: Youth must be mature and responsible, as they will be handling sharp knives and hot items in the kitchen. Participants should bring Tupperware to bring leftover goodies home with them on some days. This class is open to children in grades 6-8.

Mountain Biking Club (Grades 5-9)

Session #932170-01 Day: Saturdays

Location: Rocky Neck: Trailhead near Divine Wine Emporium

Time: 9:00-11:00 AM

Meeting Dates: 4/25, 5/2, 5/9, 5/16

Fee: \$30 EL & Salem Residents - \$45 non-residents

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

Youth Center Open House, Family Dodge Ball & Ice Cream Social

Date: Friday, April 10

Time: 6:00-8:00 PM

Turn off the TV's and cell phones for a night, as we are opening our doors from 6-8 PM on Friday, April 10th for families and friends to come experience the Youth Center and participate in a friendly game of family dodge ball at the community center! Dodge ball will be played from 6:00-7:00, followed by a FREE ice cream social for all participants in the youth center. While in the center, patrons are welcome to utilize all the center has to offer including Ping Pong, Air Hockey, Foosball, or just relax with your friends and family by your side.

Free Open Center After School Program

On school days the youth center will be open from 3:00 – 5:30pm for all middle school students to come, hang out, and utilize all

that the center has to offer! Our staff is available to assist with homework, and supervise the kids to ensure they are engaging in safe activities. Half days of school, the center opens at noon.

Student Advisory Board

The Student Advisory Board is a group of high school students who are interested in bettering the community by volunteering at town events, as well as planning and hosting events for advocates of youth in the community. *Below is a list of a few of the activities they have planned for this Spring.*

Bikes for Kids

BRING YOUR OLD BICYCLES TO US. We are collecting bikes in any condition to bring to the Bikes For Kids organization in Centerbrook. Donated bikes are fixed up, and donated to families/organizations who otherwise cannot afford them. Drop-off location will be at the Youth Center on May 10th from 9:00-Noon (arrangements may be made for different time, please contact Youth Services staff to arrange) Adult bikes may be donated as well as they occasionally receive requests for them.

Pre-Prom Assembly at ELHS

The Student Advisory Board is proud to partner with the administration at East Lyme High School to present an assembly focusing on distracted driving to all members of the Junior and Senior classes. The assembly will cover the dangers of drunk driving as well as distracted driving, in hopes it will prevent a potential prom night disaster.

Immediate Opening Full Time Press Operator

Press Operator (Offset Sheetfed)

Well established Commercial Printer is seeking an experienced press operator for two color 25" press. Responsibilities include typical press operations such as hanging plates, maintaining register and limiting waste, while helping to maintain high quality output. The ability to make minor repairs is essential. Candidate must have a strong background in printing very high quality and detailed work. High School Diploma and minimum of 3 years multicolor offset experience required. To apply, send resume to print@essexprinting.com.

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WINTER ACTIVITIES AT LYME SHORES

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Big Shots (ages 4-6)
Tue. or Thu., 4-5pm

Local Excellence (ages 10-12)
Tue. & Thu., 4-5pm

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

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

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

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



Adult Programs

Drop in to our fitness, pickleball & tennis programs!

Strength & Balance

M/W/F, 10am

Drop-in Pickleball

Mon., 1-3pm, Beginners welcome

Stability Ball

Mon., 8am

Adv. Beginner Tennis Drills

Tue., 9-11am

Yoga

M/W, 11am

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., 7-8pm, All levels



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East Lyme Senior Center

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860-739-5859

Monday – Friday 8:30am to 4:30pm

Cathy Wilson - Senior Center Director
Gail Glenn – Program Assistant
Anna Hartung – Administrative Secretary
Roxanne Kormos – Full Time Driver
Lee James – Part Time Driver
TVCCA Site Server

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 5:00pm. The public is welcome to attend.

Transportation

In-Town Transit Services

Transportation to and from the Senior Center as well as to in-town destinations are available Monday through Friday. Donations are gratefully accepted in the Senior Center Office.

An annual Appeal Letter is mailed to all those registered for this service. Call the Senior Center for more information.

Medical Transit/Southern New London County

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

Senior Lunches

Senior Nutrition Program

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. \$3.00 suggested donation.

The Bistro

Every Monday, the Senior Center will offer a bistro meal ranging from sandwiches to hot entrees. All are welcome – no age restriction! The cost ranges from \$3.00 to \$5.00 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 adults age 60 and over who are temporarily or long term homebound. Please contact TVCCA for eligibility at 860-885-2745.

Mature Driver Safety Classes

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

AARP Tax-Aide

The AARP Tax-Aide program will NOT be held at the Senior Center this year. To find an area site, call the Senior Center.

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.

DAY TRIPS

Open to any person 55+

Thu, April 9th – Day trip to the Mohegan Sun Casino. Trip fee \$20pp. Note, for this trip, check is made out to the Lymes’

Senior Center. Moderate walking. Registration has begun.

Thu, April 16th – Westchester Broadway Theatre in Elmsford, NY for a production of “West Side Story”. Trip fee \$99pp. Lunch included. Minimal walking. Registration has begun.

Sat, April 25th - New York City on your own. Trip fee \$45pp. Lots of walking. Registration has begun.

Thu, May 14th – “Day in the Life of a Fisherman” behind the scenes tour in the Port of Galilee in Narragansett, RI. Trip fee \$78pp. Lunch included. Moderate walking. Registration has begun.

Thu, May 28th – Lobster Roll Cruise on Cape Cod Bay in MA. Trip fee \$86pp. Lunch included. Moderate walking. Registration has begun.

OVERNIGHT TRIPS/CRUISES

Open to any person 55+

March 27-29, 2015 – Cherry Blossom Time in Washington, DC. \$451pp double/triple. \$611pp single. Registration has begun.

May 26-28, 2015 – Victorian Williamsport, PA in the heart of the Appalachian Mountains. \$411pp double/twin. \$511pp single. Registration has begun.

July 4-10, 2015 – Atlantic Canada Tour of Nova Scotia & Prince Edward Island. \$1637pp double. \$1567pp triple. \$2217pp single. Registration has begun.

October 12-14, 2015 – “Joseph” at the Sight & Sound Millennium Theater in Lancaster, PA. \$475pp double. \$450pp triple. \$550pp single. Registration has begun.

October 30-November 11, 2015 – No Fly Cruise out of Baltimore to the Western Caribbean. Includes 2 nights in Baltimore. Starting at \$1882pp. Registration has begun.

January 28-February 7, 2016 Fully escorted Hawaiian Cruise. Starting at \$4449pp. Registration has begun.

FITNESS CLASSES

The Senior Center has a core set of classes that are offered on a year round basis. With these classes, a pass is purchased and must be brought to every class. Attendance is tracked and when the card is full, a new pass must be purchased.

Senior Fitness

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

Senior Yoga

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

Tai Chi

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

Chair Yoga

Tues 9:30am or 10:30am & Fri 10am- Residents \$36.00/24 classes. Non-residents \$41.00/24 classes. Pass required.

Weight Lifting

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

Zumba Gold

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

PiYo

Tue 4:15pm – Session Class
Call for class fee & schedule.

Ping Pong

Wed 10:00am - No equipment needed.

Indoor Bocce

Thu 10:15am. No fee. Will teach.

PACE

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

Pickleball

Sat 10:30am -\$2pp drop in fee.
No residency issues. For adults only.
Must know how to play.

DANCE CLASSES

Tap Class

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

Continued on page 24



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Senior Center ... continued from page 23

Line Dancing

Wed 2pm - Session Class
Call for class fee & schedule.

CRAFTS

Painting W/Friends

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

Quilting

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

GAMES/CARDS

Cribbage

Cribbage played Mon from 9am.
No fee. On hiatus until the Spring.

Canasta

Canasta played Mon from 1pm.
Will teach. No fee.

Mah Jongg

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

Scrabble

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

Bridge

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

Poker

Poker played every Wed from 9am. Minimal fee to play. On hiatus until the Spring.

Bridge: Contract Bridge

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

Bridge: Duplicate Bridge

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

Bingo

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

EDUCATION/ENRICHMENT

Ukulele Lessons

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

Drumming Circle

Thu 10am – Session class – Call for class & fee schedule.

Drama Club

East Lyme Players on Thu at 1pm. Session class – Call for class fee & schedule.

Internet Instruction

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

Dances

For 2015: Mar 6th – May 1st – Jul 17th – Sep 4th – Nov 6th from 7:00pm to 10:00pm. Admission is \$9.00.

HEALTH PROGRAMS/ BENEFITS INFO

VNASC Nurse Managed Wellness Clinic

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

VNASC

Blood Pressure Clinic

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

Benefits Checkup

Two Weds every month starting at 9:00am. One-to-one counseling on available government benefits. Every Month Theme Meals & Musical Entertainment.

East Lyme Public Library

March

The Many Faces of Noah Webster

Tuesday, March 3 – 7:00 p.m.

Why is Noah Webster so important? More than the author of the American Dictionary, Webster helped to define the nation's character through politics, education, and social reform. Learn all about him from the folks who know him best, the Noah Webster House & West Hartford Historical Society.

Kerry Boys Irish Music

Saturday, March 7 – 2:00 p.m.

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

From Bonnets to Bell Bottoms: A Century of Connecticut Fashion, 1860-1960

Wednesday, March 25 – 7:00 p.m.

Whether it has been passed down, owned for years, or just purchased yesterday, our clothing speaks volumes about who we are, what we do, and the world in which we live. See how much has changed and what has stayed the same from the Civil War to the swinging sixties as the Connecticut Historical Society presents this popular program.

Trivia Night

Tuesday, March 31 – 7:00 p.m.

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

April

Treble Play

Wednesday, April 1 – 7:00 p.m.

Be prepared to leave in high spirits as you will be stomping and dancing, or at least thinking that way! Allyn Donath, harp; Anne Megan, oboe and whistle; and Irene Rissi, violin will perform lots of toe-tapping fiddling tunes to shake away the winter doldrums.

Open Mic Nite – Poetry Slam in Honor of Billie Morrill

Tuesday, April 21 – 7:00 p.m.

In honor of National Poetry Month and Billie Morrill, poets of all ages and types are invited to share their works in this open mic event.

Author Talk with G. William Weatherly

Tuesday, April 28 – 7:00 p.m.

George William Jackson (Captain USN Ret) a.k.a. G. William Weatherly will discuss his novel, *Sheppard of the Argonne*, which brings the second world war at sea back to life. The novel has been carefully researched to accurately reflect the customs, traditions, and equipment the United States Navy used to win a two ocean war. Much of the hardware from my novel can be seen on board the battleship memorials to the greatest generation.

Book Discussions

Adult

The Short and Tragic Life of Robert Peace: A Brilliant Young Man Who Left Newark for the Ivy League by Jeff Hobbs

Tuesday, March 10 – 7:00 p.m.

All the Light We Cannot See: A Novel by Anthony Doerr

Tuesday, April 14 – 7:00 p.m.

Mystery

A Faithful Place by Tana French

Thursday, March 26 – 11:00 a.m.

Pagan Spring by G.M. Malliet

Thursday, April 30 – 11:00 a.m.

Film Discussion

Friday Night Lights

Wednesday, March 18 – 5:30 p.m.

Get on Up

Wednesday, April 15 – 5:30 p.m.

CHILDREN'S PROGRAMS

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

Spring Storytime 2015

Registration for age-specific programs begins April 6th. To sign

up, please call 860-739-6926 (ext. 2) or drop by the Children's Room. Programs begin April 20th and end on June 1st. Child must be the appropriate age by April 20th. Registration is not required for the all-ages programs. Children must be accompanied by a parent or caregiver.

MONDAYS

Library closed May 25 for Memorial Day

All Ages Drop-In 10:00 to 10:45 a.m.

4's - 11:00 to 11:30 a.m.

All Ages Drop-In 1:30 to 2:15 p.m.

TUESDAYS

Babies (birth to 23 months) 10:00 to 10:30 a.m.

2's - 11:00 to 11:30 a.m.

All Ages Drop-In 1:30 to 2:15 p.m.

WEDNESDAYS

2's - 10:00 to 10:30 a.m.

3's - 11:00 to 11:30 a.m.

3's - 1:30 to 2:00 p.m.

All Ages Drop-In 7:00 to 8:00 p.m. BEDTIME STORIES

THURSDAYS

2's - 10:00 to 10:30 a.m.

Babies (birth to 23 months) 11:00 to 11:30 a.m.

All Ages Drop-In 1:30 to 2:15 p.m.

FRIDAYS

All Ages Drop In 10:00 to 10:45 a.m.

Seuss Crafternoon for Ages 6-9

Monday, March 2nd, 3:30-4:30 p.m.

Celebrate Dr. Seuss's Birthday by making zany crafts and writing wacky rhymes.

No registration required.

Tween and Teen Programs

Tween Style Council

Express your sense of style at the Library. The Tween Style Council meets every Friday afternoon to make crafts and decorations for the Children's Room. 3:30 to 4:30 p.m. No registration required.

FRIDAYS

Ages 9 to 13, 3:30 to 4:30 p.m.

Teen Tech Week @ the East Lyme Public Library: March 8-March 15.

Teen Tech Week is when libraries throughout the country make the time to showcase all of the great digital resources and services that are available to help teens succeed in school and prepare for college and 21st century careers. This year's theme is "Libraries are for making."

Teen Tech Week "Maker" Showcase

Wednesday, March 11th

3:30 to 5 p.m. in the East Lyme Room.

continued on page 26

Local teens will demonstrate their “maker” and science fair projects. Hands-on activities, too!
Find out what the “maker” craze is all about!
No registration required. Recommended for ages 9 and up.

Teen Tech Week Prize Drawing

March 8- March 15.
Middle School and High School Students! Stop by the East Lyme Public Library and enter our prize drawing for

a chance to win a \$25 gift card to Best Buy.

Retro Tech Exhibit: March 8-March 15

Visit the Children’s Room to see our display of old fashioned telephones, radios, computers, and more!

Teen Tech Craft Workshop

Hosted by the Tween Style Council:
Friday, March 13th, 3:30-4:30 p.m.
Say goodbye to tangled wires! Make a fabric cozy for your charger cords or ear buds.

East Lyme Public Safety

Richard Morris,
Emergency Management Director,

Public Safety, Fire Marshal Phone
(860) 739-2420

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

As the spring season officially begins, many will welcome the warmer weather by thoroughly cleaning and organizing their homes. The Electrical Safety Foundation (ESFI) recommends that homeowners inspect the safety of their homes in tandem with their spring cleaning to ensure that electrical hazards are eliminated along with dust and clutter.

Interior Electrical Safety Tips

- Locate all appliances away from the sink. Plug appliances into ground fault circuit interrupters (GFCIs).
- Keep appliance cords away from hot surfaces. Unplug countertop appliances when not in use.
- Make sure there is room behind the refrigerator for air to circulate.
- Vacuum refrigerator coils to eliminate dirt buildup that can reduce efficiency and create a fire hazard.
- Any electric shock from a major appliance can indicate an extremely hazardous wiring condition. Turn the power to the appliance off at the circuit breaker, and do not touch the appliance until it has been checked by a licensed, qualified electrician.
- Be sure circuit breakers and fuses are

correctly labeled with their amperage and their corresponding rooms, circuits or outlets. Use correct size and current rating for breakers/fuses.

- Check for excessive vibration when the washing machine or dryer is operating. This can put stress on electrical connections.
- Make sure the area around the dryer is free of clutter, and clean the dryer lint filter after each load.
- And lastly, make sure smoke detectors and carbon monoxide detectors are installed according to manufactures specifications on every level of your home and outside every sleeping area. Test the alarm monthly. Replace the batteries at least once every year.

The Consumer Product Safety Commission recommends choosing the right extension cord for the job, and use it as specified. Extension cords can overheat and cause fires when used improperly. Overheating is usually caused by overloading or connecting appliances that consume more watts than the cord can handle. Damaged extension cords can also cause fires. Extension cords should only be used temporarily. Protect young children by keeping them away from extension cords and unplugging the cords when not in use.

Overheating or damage can occur at the plug, at the socket, or over the entire length of the cord. Hot plugs and sockets are often caused by deteriorated connections to the cord’s wires. Look for visible signs of excessive wear or damage

to the plug, sockets or insulation. Replace damaged extension cords.

Prevent Overloading. If any part of the extension cord is hot while in use, it is a warning sign that it may be overloaded. Check if the extension cord is properly rated for the products that are plugged into it. Also, inspect the cord along its entire length to ensure it has not been damaged. Do not overload your extension cord by using it to power appliances beyond its capacity. To find the capacity, look at the tag on the cord or its packaging.

Protect Extension Cords from Damage

- Do not run extension cords under carpets, through doorways or under furniture.
- Never alter a cord to change its length or perform inadequate repairs such as taping up damaged insulation. Do not trim, cut or alter the plug blades in any way.
- Unplug an extension cord when it is not in use. The cord is energized when it is plugged in and can overheat if shorted.
- Discard cords that are old and/or are missing important safety features, including safety closures, polarized blades and a large plug face that covers the outlet’s slots and is easy to grasp to unplug.
- Check cords to make sure they have been listed by a recognized national testing laboratory, such as Underwriters Laboratories (UL), Intertek (ETL) or CSA-International (CSA).

Safety for the Exterior of Your Home

Check all outside electrical outlets.

Does each outlet have its own weatherproof cover?

If not, have weatherproof covers installed and keep them closed when not in use. Moisture can get into these outlets and cause a malfunction, which can pose a possible shock or fire hazard. Most covers don't keep water out when a cord is plugged into them, because the water drips between the plug and outlet.

Are all outlets protected by a GFCI?

If not, have GFCIs installed or plug in a portable GFCI when you use an outdoor outlet. GFCIs are sensitive to moisture and should be protected when used outdoors. GFCIs protect against electrocution.

Check Electric Garden Tools (lawn mowers, hedge trimmers, weed trimmers, etc.) Are all power cords in good condition (e.g., no cracks, exposed wires, etc.)?

If not, have damaged cords replaced by a qualified repair facility. Damaged cords that have exposed wires are shock and fire hazards, especially outdoors when in contact with moisture and the ground.

Are tools in good condition and operating properly? Do they function in a consistent manner and show no signs of damaged wiring or parts?

If not, discard them, or have the tools repaired by a qualified repair facility. If a power tool is not operating as you would expect, it is usually a sign of damage. Damaged tools can become a shock or fire hazard when wiring, motors, or other electrical parts begin to wear out or fail.

Check Extension Cords Used Outdoors. Are extension cords marked specifically for outdoor use?

If not, replace with extension cords marked for outdoor use. Cords made for indoor use will not withstand the temperature, humidity, and mechanical stresses of outdoor use. Indoor cords are more easily damaged and could become fire or shock hazards when used outdoors.

Are 3-prong extension cords available and being used with the grounded (3-prong) plugs on outdoor products?

If not, obtain 3-prong extension cords with proper grounding (3-prong plugs and three-slot outlets). Products with 3-prong plugs are designed to lower the

risk of electric shock. Using a 3-prong product with a 2-prong extension cord eliminates the protection and increases the likelihood of electrocution or fire if the tool has an internal electrical fault.

Finally, as recommended by the Insurance Institute for Business & Home Safety, trim away any limbs close to utility lines that could potentially pull down lines or even entire polls. It is important to never touch a wire and it is recommended that trimming be done by a contractor or the local utility company itself.

Resources:

- Electrical Safety Foundation International - www.esfi.org - 2015
- Consumer Product Safety Commission - www.cpsc.gov - 2015
- Insurance Institute for Business & Home Safety - www.disastersafety.org - 2014

East Lyme Public Safety is offering this information as a guide. We strongly recommend hiring licensed professionals to attend to any electrical related maintenance or issues you encounter within your home.



Norwich RoseGarden Ice Arena

641 New London Turnpike, Norwich, CT 06360
(860) 892-2555 www.rosegardencearena.com

The long awaited metamorphous of the Norwich Ice Rink is now complete. The Norwich RoseGarden Ice Arena opened its doors to the public on Saturday, December 20, under the direction of a private management group. The arena is essentially new and all systems in the physical plant are state of the art, from the common areas and locker rooms to the computer controlled refrigeration and lighting systems.

Aside from the building sporting it's \$1.6 million upgrade, what sets the RoseGarden apart is the new management team's commitment to

customer service. The arena truly can offer something for everyone, from the very young to the very young at heart, whether elite level athletes, or beginning skaters. The RoseGarden will operate twelve months a year. Public skating is offered seven days a week, with the very popular Laser Skates on Friday and Saturday evenings. Admission is \$7 for adults, \$4 for children under twelve, seniors and our current armed service members. Skate rental is always available for \$4 per pair. Seal, on ice, skating aids are also available for a \$5 rental fee to aid beginning skaters and their parents! Group skating classes are offered daily, and Learn to Play hockey clinics for children are offered on Saturdays and Sundays. Aspiring adult hockey players, you can learn the basics on Wednesday evenings at 8:30 pm. Please contact Programming Manager, Tiesha DiMaggio to design the program that is perfect for you.

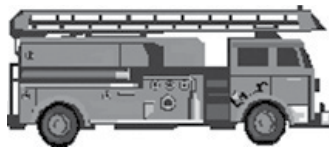
Please visit the website at www.Rosegardencearena.com for current schedules and information.

Touch-A-Truck 2015

On Saturday, May 16, 2015 (rain date Sunday, May 17), the East Lyme Auxiliary of Child and Family Agency of Southeastern Connecticut and the East Lyme Parks and Recreation Department will co-sponsor the eighth 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. The suggested donation is \$4.00 per person (ages 3 and up) to benefit the Child and Family Agency of Southeastern Connecticut.



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 and a free photo op. Refreshments will be available for sale. For more information call Child & Family Agency at 860-443-2896, Ext. 1403.



Children can climb various vehicles, sit in the driver's seat and discover the world of trucks. This unique event will feature large trucks and

heavy equipment from law enforcement, fire departments, commercial companies, industrial companies and rental



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

The Epilepsy Foundation of Connecticut

We offer 7 support groups throughout the state in Bethel, Milford, Stamford, Middletown, Groton, Guilford & Hartford.

Our meetings are for adults living with epilepsy and parents of children with epilepsy.

Those interested in attending are asked to please RSVP, to the Epilepsy Foundation of Connecticut by calling 800-899-3745 or emailing Allison at Allison@epilepsyct.com.

For more information visit <http://www.epilepsyct.com> or call 800-899-3745.

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Parks and Recreation Registration Policies

The East Lyme Parks and Recreation Department reserves the right to reschedule, relocate, or cancel any announced program due to facility availability and public response. The Parks and Recreation Department may also establish minimum or maximum class sizes to ensure appropriate instructor-to-participant ratios. Program Registration Hours: Monday - Friday 8:30a.m. - 4:00 p.m.

Directions

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

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

There are two ways to register for programs: In person at the Parks and Recreation Department office in the E. Lyme Library Community Center on Society Road or by mail (Mailing address: 41 Society Rd., Niantic, CT 06357). Programs limiting the number of participants will be determined on a first-come-first-served basis. Non-residents will be charged an additional \$15 fee for programs.

Payment

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

Cancellations


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

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

Resolving Differences

Our relationships are a source of emotional support, security, and the feeling that we are not alone in the world. When things are going well, we love and feel loved, we offer support and seek it out ourselves. But relationships always involve differences as well. We can't always see things the same way or rely on the same solutions. If we want our relationships to be healthy and supportive, we must understand how to nurture them through these challenges. Resolving differences can be done in positive ways, using empathy and openness, rather than seeing it as a conflict that is either "won" or "lost." To resolve conflicts in a relationship-building way, we need to follow certain guidelines. Communication must be positive and non-blaming, allowing both persons to state their perspectives without criticism or interruption. Sometimes just being heard goes a long way toward easing the conflict. We need to focus on our own feelings and experiences, using "I" statements instead of blaming or accusing. Listening, trying to understand a different point of view, and a willingness to compromise are all important. So is the ability to say "I'm sorry" and "Thank you." Look upon differences not as creating distance, but as an opportunity for growth in relationships.

Nancy Randall, Psy.D.
East Lyme Psychological Associates



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860-739-6974

EAST LYME PARKS AND RECREATION DEPARTMENT
REGISTRATION FORM

REGISTRATION INFORMATION:

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

Name: _____ Spouse's Name: _____

Address: _____ Town: _____ Zip Code: _____

Home Phone #: _____ Work Phone #: _____ E-Mail: _____

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

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

Emergency Contact:

Name: _____ Relationship: _____

Address: _____ Town: _____ Zip Code: _____

Home Phone #: _____ Cell Phone #: _____ Work Phone #: _____

Participants Name	DOB	Gender	MEDICAL CONCERNS	Program	Session Number	Fee

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

Signature: _____ Date: _____

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

Medical concerns _____

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

PROGRAM REGISTRATION FORM

Program Registering For : _____

PARTICIPANT INFORMATION

Participant's Name: _____ Date of Birth: _____ Age: _____

Grade: _____ Gender: _____ Home Phone : _____

Parent Email Address: _____

Address: _____ City: _____ Zip: _____

Mother Name: _____ Work Phone _____ Cell _____

Father Name: _____ Work Phone _____ Cell _____

Emergency Contact: _____ Relation _____ Phone _____

List any allergies, medications, or medical conditions _____

DEMOGRAPHICS (please check one in each category)

Race:

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

Family:

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

Ethnicity:

- Hispanic/Latino
- Not Hispanic/Latino

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

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

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

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

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

Parent/Legal Guardian Signature: _____ Date: _____

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



641 New London Turnpike
 Norwich, CT 06360
 Phone: (860) 892-2555
 Fax: (860) 892-2559
 rosegardenicearena@gmail.com
 www.rosegardenicearena.com

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- Snow Removal

David Quintin • 860.514.8918
qualitylandscapeanddesignCT@gmail.com

Recycling Schedule 2015

(see next page for entire calendar year)

FEBRUARY						
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

MARCH						
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				

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		

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.

GARBAGE PICKUP LEGEND

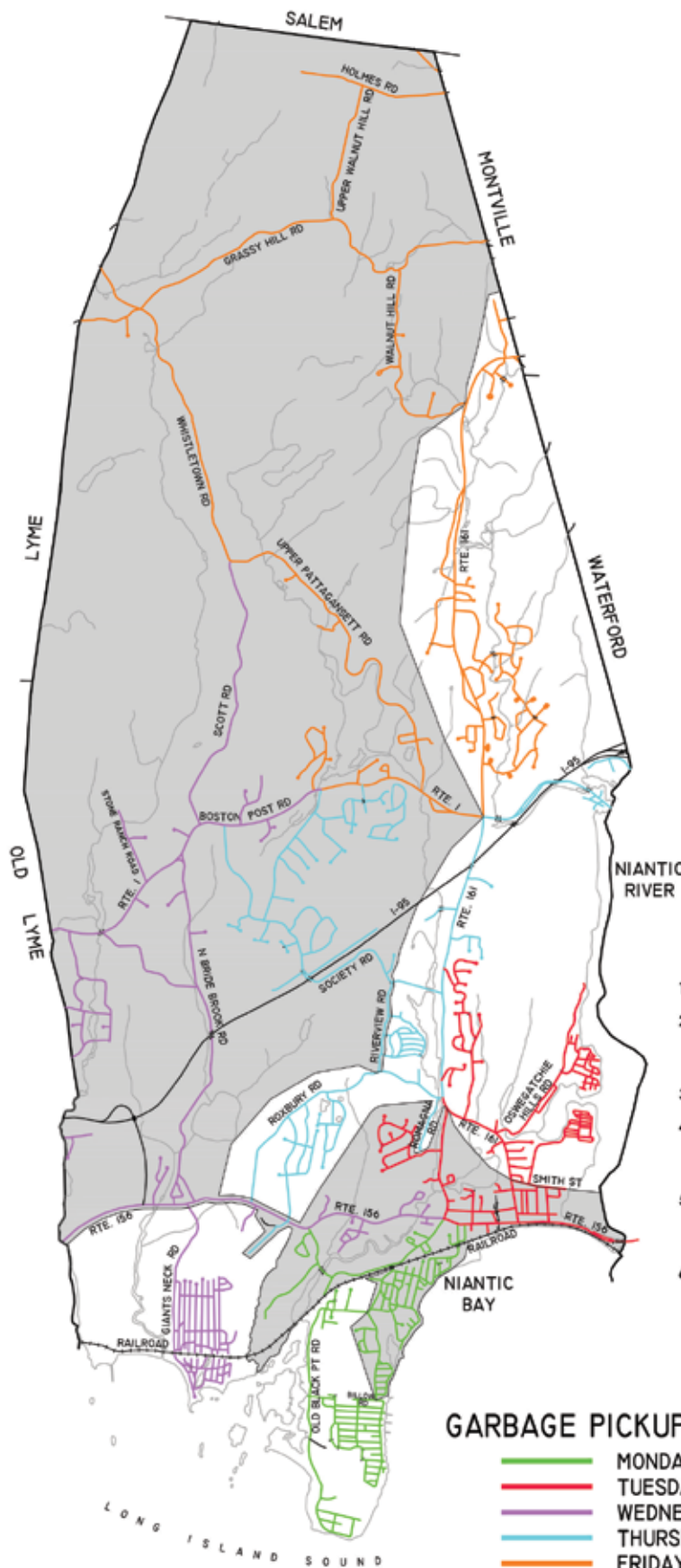
- MONDAY
- TUESDAY
- WEDNESDAY
- THURSDAY
- FRIDAY

RECYCLING AND GARBAGE COLLECTION ROUTE

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REVISED: JANUARY, 2015

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MILE

MILE (Middlesex Institute for Lifelong Education) is a program for people 50 and over; educational sessions at Middlesex Community College.

Spring registration will be held at the College,
100 Training Hill Road, Middletown.

The fee is \$60. There are 8 weeks of classes in the spring. Each session is 2 hours long and subjects range from Blue Grass music, to photography, to World Peace, trusts, the cardiovascular system, the Beatles, gardening to attract birds and butterflies.

Information is available on our website at
www.mileonline.org.



Kathy Alsop, Art Director and Suzanne Spires, Operations Director at *Events Magazines* show off the International Bennie Award won by Essex Printing for being the Best of the Best in the printing industry while attending the Old Saybrook Chamber of Commerce Business Expo.

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Ages 6-12 years

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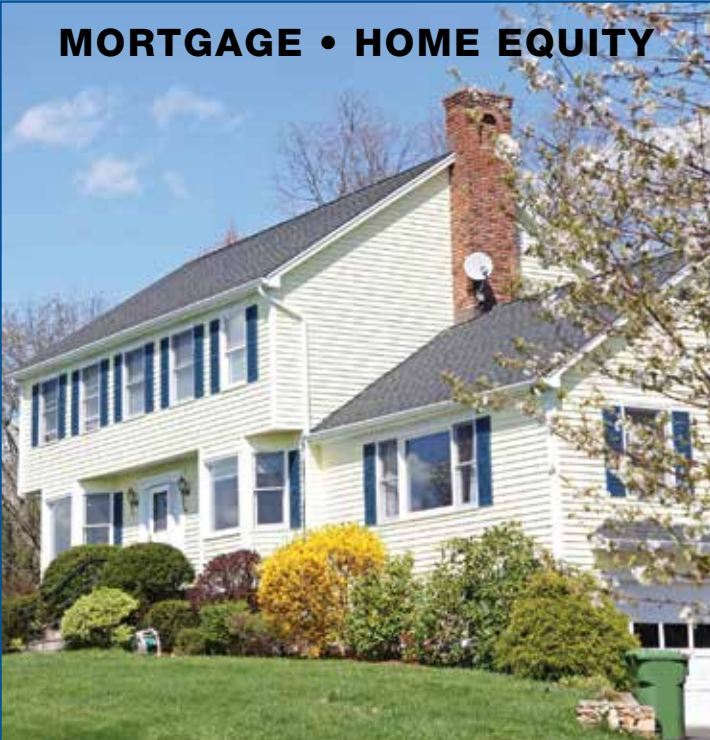


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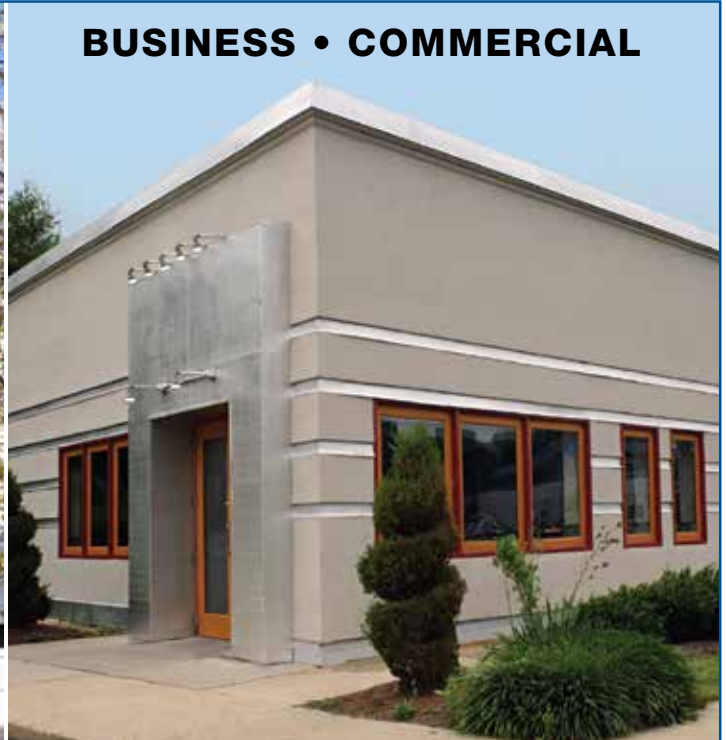
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