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First Selectman's Corner

It's hard to believe that I am writing an end-of-the year message already. As the 2018 calendar year winds down, I'd like to take this moment to reflect on what a great year it has been. It's hard to believe that the year is almost over.

I sincerely hope that your year was as full and rich as mine. Whether it was a sports event, a child's graduation, a family reunion, enjoying the view at our new Main Street Park, celebrating at one of our town festivals and events, or just a quiet moment on the boardwalk or one of our beaches, I hope you found the time to embrace life's great blessings.

As the Chief Elected Official, I am constantly approached by people who tell me how much they love our town. The love affair we have with our town is rare, but is not going unnoticed. Mayors and First Selectmen from other area towns often comment about how special East Lyme is and how our citizens are enjoying our town, volunteering, and finding ways to make it better. We didn't just happen to wake up one day and become the greatest little Connecticut town. It took work from so many people-volunteers, appointees and elected officials working together to make a difference. We have great people all over town who dedicate their time and talent on various boards, commissions and organizations.

In addition, East Lyme is fortunate to have so many skilled and professional department heads who manage our various departments throughout town. East Lyme is great because our people are great volunteers, department heads and staff members. We owe our gratitude to all those who came before us and made a difference... decades and decades of great leadership.

In turn, it is our duty to step up and continue to make East Lyme great... for the next generation. I remain open to hear from citizens who have ideas to improve communication, services, and procedures.

These are tough days in Connecticut. Economic conditions have put an incredible pressure on municipal budgets and services. We have found efficiencies and made cuts in every department in order to save you money however, with these cuts comes a decline in services. Please understand that when you call the town hall with a problem, we don't have crews standing by or a clerk available to immediately assist you.

continued on page 3



Mark C. Nickerson

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Ready or Not

Here Come the Holidays

The town of East Lyme with its downtown Niantic Village is special all year long, but maybe a little extra special during the holiday season. Below is a summary of upcoming events and holidays so come and Discover East Lyme and see why so many say East Lyme is a great place to visit, play and live!!

Dec 2 Hanukkah begins

Dec 8 Niantic Jingle Bell 5k

Dec 8 Annual Niantic / East Lyme Light Parade

Dec 25 Merry Christmas

For a additional details about any of the above events,
visit: DiscoverEastLyme.com.

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

I am particularly focused on the service we provide to our citizens and visitors in our seaside town. As many of you know, I operate a business that is service oriented. We are constantly reinventing ourselves and evaluating our operation to find ways to improve our performance. Over the years serving as East Lyme's First Selectman, I have learned that changing the policies and procedures of a municipality is far more difficult as I must also deal with state statutes and negotiated labor contracts. But everyone here on the management team is supremely focused on running our town with improved efficiency. Sometimes change happens quickly... and sometimes, seeds are planted and cultivated with hopes of a change in a slow and deliberate way.

November is a time when our nation takes pause and honors all those who served our great nation and those who continue to stand the watch. We are all so grateful for our veterans... for all they sacrificed, for standing up for liberty and freedom. We can never, ever say "thank you" enough. The military veteran groups in our town are dedicated to supporting those who served and

continue to serve us. I urge our citizens to participate in their activities, their fundraisers, and their terrific social events. I have had the pleasure of doing so during my time in office and both organizations are filled with terrific people!

There is something for everyone during every season and this magazine proves it. Take a look at all the programming that the Parks and Rec. Department is offering during this late fall season. I challenge you to do something that you've never tried before. We are committed to supporting the arts and also to keep healthy bodies in motion. Get out a pen right now, circle a program or two that is new to you, and get registered. You'll thank me later.

I am grateful for the opportunity to serve this town as the First Selectman. Serving my town has been a pleasure and certainly an honor for the past 19 years-these past four years as its leader has been especially rewarding. I thank the voters of East Lyme for this opportunity.

To download previous issues of East Lyme Events
visit www.eventsmagazines.com and download the issue you desire!



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Director's Note Winter of 2018 - 2019



Dave Putnam
Director

It's hard to believe that this year's Niantic Light Parade will mark the 30th anniversary of this wonderful special event. The Light Parade is scheduled for Saturday, December 8 starting at 6:00 pm. I hope to see everyone there to celebrate our community and the approaching holidays. As winter starts to set in my staff has been busy scheduling innovative and healthy activities to keep you and our family active. Please take a few minutes to read through our Events Magazine to find a program for you. As always if you have a program idea or a special skill, please reach out to the

department with your idea and/or suggestion.

On November 6th of last year we announced our partnership with the Miracle League of Connecticut and the beginning of our Miracle League Field athletic field project to be located behind the Flanders Elementary School. The field will provide a fully accessible multi-sports field for children with physical and developmental challenges throughout our region. Fundraising efforts have now exceeded the \$200,000.00 mark on our way to our initial goal of \$550,000.00. I am also pleased to announce our partnership with Kevin's Kourts to build an accessible basketball court as part of our project. They have committed \$50,000 towards the project. If you would like more information or would like to become involved, please contact me.

Thank you to the advertisers in this magazine for making this publication possible I wish you and your family all the best this holiday season.

David M. Putnam, Director

Parks & Recreation Department

41 Society Road, Niantic, CT

860-739-5828 | fax 860-691-2409 | www.eltownhall.com

Contact Information & Websites

Executive Director: David M. Putnam

Program Coordinator: Carolann Rossiter

Administrative Assistant: Robin Grandieri

Administrative Secretary: Arlene Wilbur

Special Events Coordinator: Michael R. McDowell

Park Foreman: Jason Alves

Maintenance Support: Michael Rak, Austin Grouten

Parks & Recreation Commission Members

Chairman: J. Robert Pfanner

William Willets, Jr. Emeritus Member, Charles Fenick, Jackie Curry, Patrick Larkin, Roger Nadeau, Sue Kumro, Thomas Beebe

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

East Lyme Police Department: 860-739-5900

East Lyme Public Library: 860-739-6926 | www.ely.lioninc.org

East Lyme Public Works: 860-691-4118

East Lyme Senior Center: 860-739-5859



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East Lyme Town Hall: 860-739-6931 | www.eltownhall.com
East Lyme Youth Services: 860-739-6788
Commission Meetings are 2nd Thursday
Rocky Neck State Park: 860-739-5471
DEP Old Lyme: 860-434-8638
Children's Museum of SE Connecticut: 860-691-1255
East Lyme Aquatic & Fitness Center (Pool): 860-691-4681
www.nutmegaquatics.com
East Lyme Business Organization
Contact Lynnea Mahlke: 860-691-1611

Athletic Organizations

EAST LYME BABE RUTH LEAGUE

Jill Karrenberg: 860-810-8250 | jillcrane17@gmail.com/
www.eastlymebaberuth.com

EAST LYME LACROSSE

Rich McCaffrey: 860-608-0465 | smongo51@gmail.com /
www.ella.uslaxteams.com

EAST LYME LITTLE LEAGUE

Joel Farrior: 860-460-8922 | eastlymelittleleague@gmail.com
www.eastlymelittleleague.org

EAST LYME SOCCER CLUB

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

EAST LYME YOUTH FOOTBALL

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EAST LYME YOUTH CHEERLEADING

Tammy Bogue: 860-303-1741

EAST LYME YOUTH BASKETBALL

Lotus Schwartz: 860-941-7546 | elyouthbasketball@yahoo.com
www.elyb.org

Clubs

NEW COMERS CLUB

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MOMS CLUB OF EAST LYME: www.eastlymemomsclub.org

WOMENS CLUB OF SE CONNECTICUT: 860-691-1948

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Pat Keegan: 860-739-2107

EAST LYME GARDEN CLUB

www.eastlymegardenclub.org or elgclub@gmail.com

GIRL SCOUTS REGIONAL OFFICE

Jenna Duff: 800-922-2770 x 3728

Monica Sistaire: 860-691-8318 | monicarae79@sbcglobal.net

NIANTIC LIONS CLUB

Ed Keens: 860-451-8333 | www.nianticlions.org

DISTRICT SCOUTS REGIONAL OFFICE

Mike Cooney | 860-373-0097

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www.pack24eastlyme.org | pack24eastlyme@gmail.com
Axel Mahlke, #7: 860-287-1174

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Community Bulletin Board

PASSPORTS

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

U.S. AMATEUR BALLROOM DANCE ASSOCIATION DANCES

3rd Friday Dates: 12/20, 1/18, 2/15, 3/15 (7:00 - 10:00 pm)
1st Saturday Dates: 12/1, 1/5, 2/2, 3/2 (6:30 - 11:00 pm)
Location: East Lyme Library & Community Center Activity Room

For more information visit: www.usadancenewlondonct.com

SHORELINE SWING DANCES (3rd Saturday of the month)

Dates: Dec 15 (Chris Leigh Band)
Jan 19 (The Cartells)
Feb 16 (Neil & the Vipers)
March 16 (The Love Dogs)

Time: 8:00 to 11:00 pm.

Dance lessons are offered from 7:00 to 8:00pm.

Location: East Lyme Public Library/Community Center Activity room

For more information visit: www.shorelineswingct.org

DDS/EAST LYME DANCES

Dances are Friday evenings from 7:00 - 9:00 pm
The fee for each dance is \$5.00

Location: East Lyme Community Center

Dates:

Nov 30 Theme Dance (World Series/College Football Team)

Dec 14 Holiday Dance

Jan 11 Superbowl Dance

Feb 22 Valentine's Day Dance

March 22 St. Patrick's Day Dance

For more information please contact Robert Strick at: 860-917-0467 or email at: Robert.strick@snet.net

30TH ANNUAL NIANTIC LIGHT PARADE

Date: Saturday, December 8th at 6:00 pm

Rain date: Sunday, December 9th at 5:00 pm

Visit: www.ellightparade.com or send an email to: ellightparade@gmail.com with any questions.

PRESEASON SOFTBALL LEAGUE ORGANIZATIONAL MEETING

Representatives from teams interested in participation in the

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league should attend this meeting. The league is scheduled to begin play the week of May 14. All games are played at Samuel M. Peretz Park at Bridebrook.

Date & Day: Tuesday, March 12
Time: 6:30 pm.
Location: Parks & Recreation Conference room

CHALLENGER BASKETBALL

This is a free program and registrations will be taken on first night.

Dates: January 7 - March 4
(No program 1/21 & 2/18)
Days: Mondays
Time: 6:00 - 7:15 pm
Location: Lillie B Haynes School Gym

EAST LYME PLAYERS present "Don't Dress for Dinner"

The East Lyme Players sponsored by the East Lyme Senior Center will present a staged reading of "Don't Dress for Dinner" written by Marc Camoletti and directed by Joyce Beauvais. The performances will be held at the East Lyme

Community Center on Friday, December 7th at 7:00 pm and Saturday, December 8th at 1:00 pm. Tickets can be purchased at the East Lyme Senior Center. Tickets should be available at the door but it is highly recommended to make reservations. Prices are \$12.00 per person.

VOLUNTEER OPPORTUNITIES

Do you have a skill you would to share? Do you have some time on your hands and are looking for a chance to give back to the Community. The Senior Center is always looking for folks to help with programs or provide services. Contact the Senior Center office at: 860-739-5859 with your interest.

DISNEY'S PETER PAN JR.

Presented by East Lyme Regional Theater

Dates: January 31 - Feb 2

For more information and tickets go to: Eastlymeregionaltheater.com or follow us on Facebook or Instagram at East Lyme Regional Theater. You can also email us at: elregionaltheater@gmail.com.



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Park & Recreation Registration Policies

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

DIRECTIONS

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

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

first-served basis. Non-residents will be charged an additional \$15.00 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 \$20.00 fee.

REFUND POLICY

If a program is cancelled by Parks and Recreation, a full refund will be offered or a credit can be issued to your household account for future programs, events, beach passes, etc. All other refunds will be subject to a \$15.00 processing fee if refund check is to be issued. No fees will be charged if refund is applied to household account for future programs, beach passes, etc. (If cancellation is due to medical condition, a doctor's note will be required for fee to be waived.)

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.

Events Presents - SAYBROOK HOME

A new look and name for Saybrook Country Barn

Family owned and operated retailer, Saybrook Country Barn, located in Old Saybrook, CT has a new name for its longstanding retail location. It will now be known as Saybrook Home. A cornerstone of Old Saybrook (located at the foot of Main Street), the 41-year-old business, owned and operated by the Bolles Family, has continued to evolve as one of the area's largest shoreline retail destinations for the home. It started as a 4000 square foot home and barn. Today, it boasts 42,000 square feet of retail shopping, sprawling between 2 buildings featuring fine quality furniture, home décor, exquisite gifts, hardware & lighting, unique area rugs, custom window treatments and a large selection of designer men's and women's apparel and accessories. Saybrook Home also offers custom interior design consultations and personalized shopping experiences by their experienced and professional staff.

"It has been over forty years since my grandmother founded what was originally

the Marlborough Country Barn. She had a simple philosophy for the business: provide great products, with great service, listen to your customers, and live your best life. Well, our customers have spoken and we have listened, which is why we are changing our name from Saybrook Country Barn to Saybrook Home," said Keith A. Bolles, managing partner. "We are excited for our future, and look forward to helping customers Live Their Best Lives for many generations to come."

The new brand, Saybrook Home, achieves that "welcome home" feeling to resonate with existing customers and connect with those of the future. "We wanted to capture the essence of our core values and mission and, at the end of the day, don't we all just feel better when we are at home?" says Cheryl Mader, General Manager at Saybrook Home.

To celebrate the launch of Saybrook Home, the store is dressed and ready for the holidays. From seasonal custom pillows and throws, placed upon today's top furniture brands to favorite designer sweaters and accessories in the apparel



Owners (L-R) Keith A. Bolles, Jane Bolles, Keith Bolles, Sr.

shop, Saybrook Home welcomes you to explore its new brand at their Old Saybrook, CT destination along with a newly designed website saybrookhome.com.

Saybrook Home
2 Main Street
Old Saybrook, CT 06475

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

East Lyme Soccer Association

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

Parks & Recreation Programs

Preschool Programs

CREATIVE ARTS FOR KIDS (2 year olds)

Session: 350301-01

A 30 minute arts & crafts class designed for 2 year olds. Using different mediums, children will manipulate simple supplies to create original artwork all on their own. A first step towards self-discovery and independence, children will learn color recognition and simple art techniques to help their imagination grow. Maximum 6 participants.

Dates: Jan 7 to March 11 (no class on 1/21, 2/18)

Days: Monday

Time: 9:15 to 9:45 am

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

Registration: Begins Dec 3

Location: East Lyme Library/Community Center/Youth Center

Instructor: Rachel Skelton

“GOT 2 BE MOVING” (2 YEAR OLDS)

Session: #350501-03

A 30 minute movement class for 2 year olds that focuses on developing large motor skills such as running, hopping and balancing on one foot to fun games with balls & parachutes. This class is child participation only. Maximum 6 participants.

Dates: Jan 7 to March 11 (no class on 1/21, 2/18)

Days: Monday

Time: 10:00 to 10:30 am

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

Registration: Begins Dec 3

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

TOT GYM, AGES 3 TO 5

Session: #350501-06

A learning through movement class focused on developing large motor skills, socialization and team building. Interactive games each week will encourage independence and working together. An energetic class filled with running, jumping, twirling and dancing! Maximum 10 participants.

continued on page 10

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Melissa Stedman

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melissa.stedman@elpsk12.org

A parent cooperative preschool that provides children an opportunity to develop socially, unleash creativity and build self-esteem.

Creative Playschool
29 Society Road
Niantic, CT 06357



Parks & Recreation Department... continued from page 9

Dates: Jan 7 to March 11 (No class 1/21, 2/18)
Days: Monday
Time: 10:45 to 11:25 am
Fee: Resident \$40.00 / Non Resident \$55.00
Registration: Begins Dec 3
Location: East Lyme Library/Community Center/
Smith-Harris Room
Instructor: Rachel Skelton



THE FOLLOWING PRESCHOOL and YOUTH PROGRAMS ARE OFFERED by ELRT and are SPONSORED by EL PARKS & RECREATION

MOMMY / DADDY & ME (Infants - 2 year olds)

Session: 340901-01

Stimulate your baby's natural response to music! Parents and babies learn rhymes, songs, lullabies, and floor and lap games. Dance, shake and play together to an array of musical styles and genres. Your baby will develop important listening and motor skills. Adult participation required.

Dates: Jan 4 to Feb 22
Days: Friday
Time: 9:45 am - 10:30 am
Fee: Resident \$75.00 / Non-Resident \$90.00

Location: ELRT 32 Society Rd
Instructor: Erin Stanley

PRESCHOOL MUSIC, MOVEMENT AND EXPLORATION (ages 2 ½ - 5 year olds)

Session: 340903-01

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

Dates: Jan 9 to Feb 27
Days: Wednesday
Time: 10:45 am - 11:30 am
Fee: Resident \$75.00 / Non-Resident \$90.00
Location: ELRT 32 Society Rd
Instructor: Erin Stanley

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Dates: January 31 - Feb 2

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Adult Programs

FIT & FABULOUS

Morning Aerobics

Session: 310101-01

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

Dates: Jan 2 to Feb 22 (No class 1/21, 2/18)

Days: Monday-Wednesday-Friday

Time: 8:30 am - 9:30 am

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

Location: East Lyme Library/Community Center, Activity Room

Instructors: Donna Neaton, AFAA

Morning Aerobics

Session: 310101-02

Dates: March 4 to April 26 (No class 4/19)

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

Same information as above.

CORE & MORE WITH STABILITY BALL

Morning

Session: 310104-01

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

Dates: Jan 10 to March 14

Days: Thursday

Time: 10:15 am - 11:05 am

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

Location: East Lyme Library/Community Center, Activity Room

Instructor: Donna Neaton, AFAA

Evening

Session: 310105-01

Description of class same as above morning class.

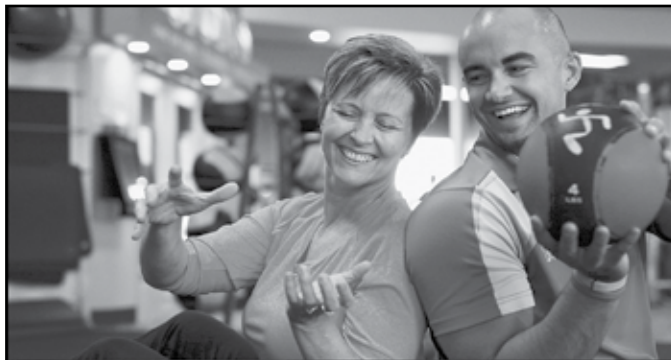
Dates: Jan 10 to March 14

Days: Thursdays

Time: 4:10 to 5:00 pm

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

continued on page 12



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REMODEL WITH PURPOSE

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

FASCIAL MOVEMENT

Session: 310301-01

Using balls, bands and rollers to sense, bounce, expand and hydrate the Fascial tissue of our bodies. Fascial is the envelope of our bodies, it can also be called a sheath around every muscle, organ and bone. **HEALTHY FASCIA HELPS MOVEMENT!**

Come and learn to move, exercise and release tight areas of your body. Participants are required to bring a non-slip exercise mat.

Dates: Jan 8 to Feb 26 (no class 2/19)

Days: Tuesday

Time: 6:30 pm - 7:30 pm

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

Location: East Lyme Library/Community Center, Activity Room

Instructor: Kim Stirtan-BSPE, ACE & Stott Pilates. Level One Fascial Movement Instructor

FASCIAL MOVEMENT

Session: 310301-02

Same info as above.

Dates: March 12 to April 30 (No Class 4/16)

TUESDAY ZUMBA

Session: 310103-03

Come and "Join the Party" with this 55 minute Zumba class!

Bring plenty of water and let's Salsa, Cha-cha, Merengue, Cumbia, Calypso and dance off those calories together!

Dates: Jan 8 to March 26

Days: Tuesday

Time: 5:30 pm - 6:25 pm

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

Location: East Lyme Library/Community Center, Activity Room

Instructor: Donna Neaton AFAA/Zumba Instructor



SATURDAY MORNING ZUMBA AEROBICS

Session: 310103-04

Come and "Join the Party" with this 1½ hour Zumba class! We will Salsa, Cha-cha, Merengue, Cumbia, Calypso and dance off

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those calories the first hour, then follow it up with 30 minutes of total body/core strengthening exercises & a relaxing stretch. Bring a non-slip exercise mat and plenty of water!

Dates: Jan 5 to March 30
 Days: Saturdays
 Time: 8:30 am – 10:00 am
 Fee: Resident \$60.00/Non-Resident \$75.00
 Location: East Lyme Library/Community Center, Activity Room
 Instructor: Donna Neaton AFAA/Zumba Instructor

MONDAY COED YOGA

Session: 310501-01

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

Dates: Jan 7 to April 8 (No class 1/21, 2/18)
 Days: Monday
 Time: 6:00 pm - 7:15 pm
 Fee: Resident \$60.00 / Non-Resident \$75.00
 Location: East Lyme Library/Community Center, Activity Room
 Instructor: Rosemary Gentile - M.S.R.D.-RYT

WEDNESDAY NIGHT COED YOGA & MEDITATION

Session: 310502-01

Class is for all levels of students. Students will learn postures, deep relaxation, and breathing techniques. This class will begin at 5:45 to 6:45 pm followed by optional meditation, from 6:45 to 7:00 pm. Participants are required to bring a non-slip exercise mat.

Dates: Jan 2 to March 20
 Days: Wednesday
 Time: 6:30 pm - 8:15 pm
 Fee: Resident \$60.00 / Non-Resident \$75.00
 Location: East Lyme Library/Community Center, Activity Room
 Instructor: Michele Flowers, RYT 500

YOGA FLEX WITH PILATES CORE (Evening)

Session: 310106-01

Yoga can help improve flexibility, range of motion, balance & posture. Pilates strengthens & tones muscles. It works at strengthening core which helps us in all areas of our physical fitness. Help your body to improve bone density. Modifications are always provided inviting all levels to attend. Please bring a yoga mat & some water.

Dates: Jan 3 to March 7
 Days: Thursday
 Time: 5:10 to 6:00 pm
 Fee: Resident \$45.00 / Non Resident \$60.00

continued on page 14

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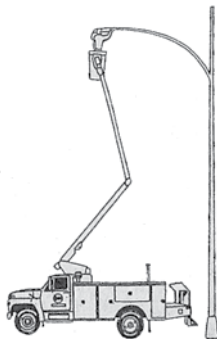
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P&R Adult Programs... continued from page 13

Location: Activity Room, East Lyme Public Library/
Community Center
Instructor: Nicole Glick

YOGA FLEX WITH PILATES CORE (Morning)

Session: 310106-02

Yoga can help improve flexibility, range of motion, balance & posture. Pilates strengthens & tones muscles. It works at strengthening core which helps us in all areas of our physical fitness. Help your body to improve bone density. Modifications are always provided inviting all levels to attend. Please bring a yoga mat & some water.

Dates: Jan 4 to March 9
Days: Friday
Time: 9:40 to 10:30 a.m.
Fee: Resident \$45.00 / Non Resident \$60.00
Location: Activity Room, East Lyme Public Library/
Community Center
Instructor: Nicole Glick

YOGA FLOW

Session: 310107-01

This class uses a combination of movement, postures and breath to work on strength, flexibility and balance. An all levels class with focus on alignment. Beginners will safely learn the basics while more experienced students can take postures to a deeper level. Participants are required to bring a non-slip exercise mat.

Dates: Jan 7 to March 25 (no class 1/21, 2/18)
Days: Monday
Time: 9:35 to 10:35 a.m.
Fee: Residents \$45.00 / Non Residents \$60.00
Location: East Lyme Library/Community Center,
Smith-Harris Room
Instructor: Michele Flowers, RYT 500

TOTAL BODY FITNESS

Session: 310403-01

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

Dates: Jan 2 to Feb 27 (no class 1/21, 2/18)
Days: Monday and Wednesday
Time: 4:30 to 5:25 pm
Fee: Resident \$45.00 / Non-Resident \$60.00
Location: East Lyme Library/CC-Activity Room
Instructor: Donna Neaton, AFAA



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TOTAL BODY FITNESS

Session: 310403-02

Info same as above with the exception of the date below.

Dates: March 11 to April 24

BOOT CAMP

Session: 310303-01

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

Dates: Jan 8 to April 2 (no class 11/6)

Days: Tuesday

Time: 4:30 to 5:15 pm

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

Location: East Lyme Library/Community Center, Activity room

Instructor: Narciss Green, ACE Certified Group Fitness Instructor

BALLROOM DANCE - Silver Dance Syllabus

Session: 330102-01

This class will include instruction in "Silver Dance Syllabus,"

such as the waltz, foxtrot, and tango.

Dates: Nov 8 to Jan 3 (no class 11/22)

Days: Thursday

Time: 6:15 to 7:15 pm

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

Location: East Lyme Library/Community Center, Activity Room

Instructor: Marjorie Winslow

ADULT COED VOLLEYBALL

Session: 310602-01

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

Dates: Jan 8 to May 28 (no program 2/19, 4/16)

Days: Tuesdays

Time: 6:00 to 8:15 pm

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

Drop In Fee: \$5.00 per person

Location: East Lyme Middle School gymnasium

Supervisor: Cathleen Aquino

continued on page 16

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

NEW YORK CITY

Session: 390101-01

Date: Saturday, December 1

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

East Lyme Youth Services



45 Society Rd, Niantic, CT 06357
 860-739-6788 | eastlymeparks@gmail.com
 Office Hours: 8:00 am - 4:00 pm
 Dave Putnam, Executive Director
 Mike McDowell, Program Coordinator

Serving the East Lyme and Salem Communities

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

YOUTH SERVICES COMMISSION

The East Lyme Youth Services Commission meets on the third Thursday of every other month. The meetings are held at the

Parks and Recreation Offices and begin at 6:00 pm. The public is welcome to attend.

REGISTRATION INFORMATION

In order to attend our activities and programs, participants must turn in a signed registration form for each of the programs they attend. Registration forms are available at Youth Services, the Parks and Recreation office, ELMS cafeteria, and online at www.eltownhall.com. Registration forms and fees should be turned in to the Parks and Recreation Department offices from 8:00 am - 4:00 pm or can be mailed to us. All payments by check should be made out to Town of East Lyme/ELYS with the participant's name and program in the memo section.

FALL ACTIVITIES AT LYME SHORES

After-School Tennis Programs for Kids

Eight-week sessions throughout the school year starting Sept. 4th

| | |
|--|---|
| <p>Big Shots (ages 4-6) Tue. or Thu., 4-5pm</p> <p>Future Stars (ages 7-9) Tue. & Thu., 4-5pm</p> <p>Team Connecticut Mon. & Wed., 5:15-6:30pm For competitive junior players</p> | <p>Local Excellence (ages 10-12) Tue. & Thu., 4-5pm</p> <p>Tournament Tough (ages 13-15) Mon. & Wed., 4-5:15pm</p> <p>Junior Point Play Drill Thurs. 5-6:30pm</p> <p>High School Boys- Fri., Please call Girls- Sat., Please call</p> |
|--|---|

Adult Programs

Drop in to our fitness, pickleball and tennis programs!

| | |
|--|--|
| <p>Strength & Balance M/F, 10am - W, 8am</p> <p>Stability Ball Mon., 8am</p> <p>Circuit Training Wed, 10am - Fri /Sun, 8am</p> <p>Cardio & Strength Fri, 8am</p> | <p>Drop-in Pickleball M 1-3:30, (Beg. welcome) - TH 1-3:30</p> <p>Adv. Beginner Tennis Drills Tue., 9-11am</p> <p>Intermediate Tennis Drills Mon., 10:30am-12pm</p> <p>NTRP Tennis Drills Sat., 10:30am-12pm, All levels</p> |
|--|--|

REP IT OUT - Fri. 8:30-9:30am

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CANCELLATIONS

All cancellations will be posted on our website: www.eltownhall.com, and on our Facebook page.

OPEN CENTER AFTER SCHOOL PROGRAM

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

Day: Monday through Friday 3:00 - 5:30 pm

WHAT'S COOKING FOR KIDS

Participants will learn cooking techniques while preparing yummy meals and having fun in the kitchen! Parents please take note: Youth should be mature and responsible, as they will be handling utensils including knives, and hot items such as the stove and oven. We recommend 6th - 8th graders for this class. Class will be held in the Main Kitchen in the Community Center. Please enter through the Senior Center.

Dates: 1/9, 1/16, 1/23, 1/30

Day: Wednesdays from 3:00 pm - 5:00 pm

Fee: \$50 includes all food

SITTER SURVIVAL

Recommended for 7th graders +. Youth get an introduction to the world of babysitting, talk to guest speakers such as parents, police officers, and the Fire Marshall. Safety and responsibility are stressed as well as proper engagement and entertainment of children. Fee includes CPR Certification. Late bus is available.

Dates: January 8th to February 5th

Day: Tuesday

Time: 3:00 to 4:00 pm (1/29 & 2/5 class will be 3:00 - 5:00 pm for CPR & First Aid)

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

Location: Olive Chendali Room

SKI CLUB

For 5th to 12th grade students. Registration ends on November 30th. Students will meet at the Youth Center and depart by 3:15 pm for fun on the slopes of Mount Southington. Return time is 9:00 pm at the Youth Center.

Day: Thursdays, January 3rd - January 31st, 2018

Time: 3:00 - 9:00 pm

Fee: Varies by type of ticket, rental, lesson, etc...

continued on page 18

Daily Lunch & Dinner Specials

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Youth Services... continued from page 17

STUDENT ADVISORY BOARD (SAB)

A service club facilitated by ELYS for high school students to help plan activities for peers that are fun and drug/alcohol free. This year's activities include educational and community events like the Holiday Stroll and organizing middle school dances. We encourage new members to bring their ideas and help plan the events/activities. Please stop by a meeting for more information and to be introduced to the club.

COUNTDOWN TO NOON - NEW YEARS EVE

Monday, Dec. 31, 10:00 am - 2:00 pm

East Lyme Community Center, 41 Society Rd., Niantic, CT

The Children's Museum of Southeastern Connecticut and East Lyme Parks & Recreation ring in the New Year a little early with a 250+ balloon drop! In addition to much loved balloon drop, the event will also include the Children's Museum's StarLab, Crazy Science demos, photo booth, hands-on children's activities, an Amber Alert station with the Niantic Rotary and more. Balloons drop at noon and activities continue until 2:00 pm!

Advanced registration: \$6/member, \$8/nonmember

Day of event: \$8/member, \$10/nonmember

More information can be found by calling the Children's Museum of SECT at: 860-691-1111 or visiting their website at: www.childrensmuseumsect.org.

VOLUNTEERING

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

We are currently working on additional programs and events. Check out our website frequently for updates at: www.eltownhall.com (and click East Lyme Youth Services to the left), shoot us an email to: eastlymeparks@gmail.com, or give us a call at: 860-739-6788 for more information.

Scholarships are available for programs for families in financial need. Please inquire to David Putnam, Executive Director.

East Lyme Veterans

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

The New London Veterans Coffeehouse is held on the first Friday of each month at the New London Senior Center, 120 Broad Street, in the Library from 9:00 - 11:00 am. The mission is to provide a comfortable location for veterans, both men and women of all ages; to meet, socialize, and receive information regarding veteran benefits through state and federal agencies and organizations. It is hosted by RSVP and the New London Senior Center.

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



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East Lyme Public Library



WINTER WONDERLAND STORYHOURS 2019

Registration begins: January 14, 2019

Session starts: January 28 and ends March 22

Please call 860-739-6926 ext: 2 for more information.

MONDAY

Library closed February 18, 2019 for President's Day

All ages Drop-In with Miss Rebecca 10:00 - 10:45 am
4s and 5s with Mrs Bull 2:15 - 3:00 pm

TUESDAY

Baby Lap-Sit with Miss Rebecca 10:00 - 10:30 am
2s and 3s with Mrs Bull 11:00 - 11:30 am
4s and 5s with Mrs Bull 2:15 - 3:00 pm

WEDNESDAY

2s and 3s with Mrs Bull 10:00 - 10:30 am
4s and 5s with Mrs Bull 11:00 - 11:45 am
4s and 5s with Mrs Bull 2:15 - 3:00 pm
La hora de los cuentos with Senorita Rebecca 6:30 - 7:30 pm ** Evening **
*** English-Spanish fun for the whole family ***

THURSDAY

Baby Lap-Sit with Miss Rebecca 10:00 - 10:30 am
2s and 3s with Mrs Bull 11:00 - 11:30 am
4s and 5s with Mrs Bull 2:15 - 3:00 pm
Middle school movie with Miss Rebecca 3:15 - 5:45 pm +/-

FRIDAY

All ages drop-in with Miss Rebecca 10:00 - 10:45 am
Style council with Miss Rebecca 3:00 - 4:45 pm

PLEASE NOTE

Baby Lap-Sit is for birth to 23 months.

The child needs to be the appropriate age by January 28, 2019.

Registration is not required for Baby Lap-Sit or all ages Drop-In.

STRATEGIES FOR A SUCCESSFUL RETIREMENT: Risk Management

Monday, December 3 - 7:00 pm

Linda Mock, a retired Certified Financial Planner who specialized in retirement planning, will lead this four-part series. The final session in the series. Do you really need insurance? Learn about life insurance, health insurance, Medicare, Medicaid, supplemental, homeowners and liability.

GEORGE BALANCHINE'S THE NUTCRACKER

Tuesday, December 4 - 7:00 pm

Join us for a viewing on the big screen of the iconic holiday classic featuring the New York City Ballet.

CANDLE MAKING

Saturday, December 15 - 10:00 am and 2:00 pm

Learn how to easily make taper candles and a pillar candle using natural beeswax
continued on page 20

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Library... continued from page 20

sheets. Class size is limited to 15 participants. Materials will be provided.

WINTER SOLSTICE CONCERT

Tuesday, December 18 - 7:00 pm

Irene Rissi will delight our ears with music to welcome this year's winter solstice.

January 2019

COOKBOOK CLUB

Wednesday, January 2 - 1:00 pm

Soups

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

POETRY READING: Steven and Benjamin Ostrowski

Saturday, January 12 - 11:00 am

Father and son poets, Steven and Benjamin Ostrowski, will discuss and read from their collaborative book of poems: *Penultimate Human Constellation*. Robert Nazarene, editor of the American Journal of Poetry, said this about the book: "You will never encounter another volume of poetry like this. Father and son, Steven and Ben Ostrowski give the reader the most intimate and engaging look into a closeness between two family members I've yet encountered; a dialogue couched in experimental form and imagery that is always fresh and inventive." Come join us.

INSTAGRAM FOR BUSINESS: How to Use Instagram the Right Way to Attract Customers

Tuesday, January 22 - 7:00 pm

Wendy Limaige, owner and operator of Connecticut Lifestyles with over 10,000 Instagram followers, will lead this class where you will learn what a hashtag is and how to use them properly, how to geotag images, what an Instagram story is and how to use it, what influencers are and how they can help your business. Examples of businesses successfully using Instagram will be explored and we'll look at your Instagram account to show you how to improve it.

TRIVIA NIGHT

Tuesday, January 29 - 7:00 pm

Come by yourself or bring your friends. Test your knowledge

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

February

ANNA MAY

Tuesday, February 5 - 7:00 pm

Anna May carries with her an eclectic and original musical style that has been fed by many sources. She seeks to offer meditations on peace and authentic expression via music. Anna's songs are streaked with the jazz that was ingrained in her musical psyche after a brief life in New Orleans with influence from gracious teachers and travels. Anna has cultivated a sound that is her own, a sound that is always expanding.

TREE OF LIFE ART THERAPY WORKSHOP

Saturday, February 9 - 11:00 am

In this inspirational art therapy workshop, Katie Ziskind, LMFT, will guide participants through a mindful tree of life art experience. In the support of shroud, you will have a chance to relax, let go of stress, and bond with others. All materials will be supplied in this fun and creative workshop. Workshop is limited to 15 participants.

HER WORDS CHANGED THE WORLD

Tuesday, February 19 - 7:00 pm

Discover Harriet Beecher Stowe's life, her inspirations to write the anti-slavery novel *Uncle Tom's Cabin* and the lasting impact of its message. Connect the past to the present and learn how you can create social change. The Harriet Beecher Stowe Center will present this engaging program.

BOOK DISCUSSION GROUP

A book discussion group meets the second Tuesday of each month at 7:00 pm in the East Lyme Room. Copies of the current month's book are available at the library. 12/11 *Carnegie's Maid* by Marie Benedict. No registration necessary.

MYSTERY BOOK DISCUSSION GROUP

This book discussion group meets on the last Thursday of each month at 11:00 am in the East Lyme Room. Copies of the current month's book are available at the library.

11/29/18 *The Mysterious Affair at Styles* by Agatha Christie

12/27/18 *A Study in Scarlet* by Arthur Conan Doyle

1/31/19 *The Professional* by Robert B. Parker

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East Lyme Senior Center

37 Society Road, Niantic, CT 06357 | 860-739-5859
Hours: Monday - Friday 8:30am to 4:30pm

- Cathy Wilson - Director
- Kristen Caramanica - Program Coordinator
- Jane Bowen - Senior Center Associate
- Roxanne Kormos - Driver
- John Hallissey - Driver
- Melissa Victor - Driver
- Joe Savoie - Driver

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

WEBSITES

"Like Us" on Facebook. Check out our Regional Website at: www.seniorcentersct.org.

COMMISSION ON AGING

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

TRANSPORTATION

In-Town Transit Services

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

Medical Transit/Southern New London County

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

SENIOR LUNCHES

Senior Nutrition Program

The Senior Center and TVCCA provide lunches with a 24 hour reservation Tuesday through Friday at 11:45 am. Monthly menus are printed in The Courier newsletter. \$3.00 suggested donation. **continued on page 22**

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Serving Sunday Breakfast
10 am - 3 pm
Lunch Specials 11 - 3
At the Bar \$6 Lunch, \$2 Drafts



Gift Certificates Available

| | | |
|--|--|---|
| <div style="background-color: black; color: white; padding: 10px; border: 2px dashed black;"> <p>50% ANY ENTREE!</p> <p>Buy One Entree at Regular Price, Get 2nd of Equal or Lesser Value 50% Off</p> <p>With this coupon. One coupon per table. Excludes tax and gratuity. Not valid with other offers or on holidays. Expires 1/3/2019</p> </div> | <div style="background-color: black; color: white; padding: 10px; border: 2px dashed black;"> <p>\$10 OFF TOTAL BILL!</p> <p>Of \$50.00 Or More</p> <p>With this coupon. One coupon per table. Excludes tax and gratuity. Not valid with other offers or on holidays. Expires 1/3/2019</p> </div> | <div style="background-color: black; color: white; padding: 10px; border: 2px dashed black;"> <p>\$5 OFF TOTAL BILL!</p> <p>Of \$25.00 Or More</p> <p>With this coupon. One coupon per table. Excludes tax and gratuity. Not valid with other offers or on holidays. Expires 1/3/2019</p> </div> |
|--|--|---|

Steaks • Seafood • Pasta • Sandwiches and More!

Senior Center ... continued from page 21

MEALS ON WHEELS

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

MATURE DRIVER SAFETY CLASSES

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

Trips

The Senior Center offers a diverse selection of trips. Detailed flyers are available.

TRIP PLANNING FOR 2019 IS BEGINNING.

Send us your suggestions for Day Trips, Overnight Trips, and Cruises.

DAY TRIPS

Open to any person 55+

Tue, Dec 4th - It's time again for the Radio City Christmas Spectacular. Register as soon as possible. Lunch included.

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| <input checked="" type="checkbox"/> Surge Suppressors | <input checked="" type="checkbox"/> Landscape Lighting |
| <input checked="" type="checkbox"/> Smoke / CO Detectors | <input checked="" type="checkbox"/> Marine Wiring |

This will be a 5:00 pm show. Trip fee is \$167 per person. Moderate walking. Wait List only.

OVERNIGHT TRIPS/CRUISES

Apr 28-May 4, 2019 - Myrtle Beach, SC and Charleston, SC. 7 days, 6 nights trip includes 4 night stay in your ocean front room at Ocean Reef Resort. Prices start \$1219pp double occupancy. Registration has begun.

May 5-12, 2019 - Escorted Bermuda cruise on the Celebrity Summit. 8 days, 7 nights. Transportation to pier included. Prices start \$1437 per person double occupancy. Registration has begun.

Aug 22-Sep 1, 2019 - Escorted Trans-Atlantic cruise from London on the Queen Mary 2. 11 days, 10 nights. Transportation & transfers included. Prices start \$3883 per person double occupancy. Registration has begun.

Sep 15-22, 2019 - Guided tour of America's Cowboy Country to explore the West. 8 days, 7 nights. Transportation & transfers included. Prices start \$3599 per person double occupancy. Registration has begun.

Oct 29-Nov 9, 2019 - Guided tour of Southern Italy & Sicily. 12 days, 11 nights. Transportation & transfers included. Prices start \$3799 per person double occupancy. Registration has begun.

Nov 9-24, 2019 - Escorted NY to Panama Canal cruise on NCL's Norwegian Dawn w/partial transit of Canal. 16 days, 15 nights. Transportation & transfers included. Prices start \$2484 per person double occupancy. Registration has begun.

Fitness Classes

SENIOR FITNESS: Mon & Wed 10:00 am

- R\$50.00/30 classes - NR\$55.00/30 classes. Pass required.

STRENGTH TRAINING: Mon & Wed 11:30 am

- Session Class - Call for class fee & schedule.

SENIOR YOGA: Tue & Thu 9:00 am

- R\$60.00/30 classes - NR\$65.00/30 classes. Pass required.

TAI CHI: Tue & Fri 9:00 am

- R\$48.00/24 classes - N\$53.00/24 classes. Pass required.

CHAIR YOGA: Tues & Fri 8:30 am, 9:30 am or 10:30 am classes

- Session class - Call for class fee & schedule.

WEIGHT LIFTING: Tue & Thu 10:15 am at ELHS Fitness

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

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

PING PONG: Wed 10:00 am
- Will teach. No fee.

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

PACE: Thu 1:00 pm
- Session Class - Call for class fee & schedule. People with Arthritis Can Exercise.

PICKLEBALL: Sat 10:30 am and Tue 7:30 pm
- \$2.00 per person drop in fee. Call the Senior Center office.

Performing Art Classes

TAP CLASS: Tue 1:00 pm
- Session Class. Call for class fee & schedule.

DRAMA GROUP: Thu 1:00 pm
- Session Class - Call for class fee & schedule.

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

Crafts

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

ADULT COLORING: Tue 12:30 pm
No fee.

LEARN TO DRAW: Thu 10:00 am
No fee. Minimal supplies needed. Call to register.

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

Games / Cards

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

HAND & FOOT: Mon 1:00 pm
Will teach. No fee.
continued on page 24



From Today to Tomorrow—From One Generation to the Next

We are here to help you manage all of life's transitions:

- Change in Marital Status
- Estate Planning / Trust Services
- Job Changes
- Relocation
- Inheritance
- Retirement

The sooner you begin planning, the sooner you can begin working to build and protect your assets for when you need them.

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860.245.2085 | sobrien@janney.com | www.MysticHarborGroup.com

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Senior Center ... continued from page 23

SCRABBLE: Tue 9:30 am

No fee. Will teach.

MAH JONGG: Tue 12:30 pm

No fee. Must know the game.

BRIDGE: Shoot Out played Tue 1:00 pm

Fee \$5.00 per person. Must know the game/have a partner. Must register.

POPULAR VARIETY GAMES: Tue at 1:30 pm

Classic Table Top games. No fee.

ACBL Santioned BRIDGE: Duplicate Bridge played Wed 1:00 pm

Fee \$7.00pp (\$1.00 per person if 26 or younger). Must know the game. Contact mikehajosa@gmail.com for questions/registration.

BRIDGE: Duplicate Bridge played Thu 1:00 pm

Fee \$1.00pp. Must know the game/have a partner. Must register.

BINGO: Fri 1:00 pm

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

Education / Enrichment

JAM SESSION: Every Mon 2:00 pm

- No formal instruction just playing with your fellow guitar enthusiasts.

UKULELE LESSONS: Mon 11:00 am

- Session class - Call for class fee & schedule.

BRAIN AEROBICS: 1st & 3rd Wed 12:45 pm

- Call to register. No fee.

GUITAR LESSONS: Thu 12:30 pm

- Session class - Call for class fee & schedule.

Loss, Grieving, and Holidays

As we head into a season of family gatherings and celebrations, images of joyful events and smiling people abound. Adults and children both look forward to favorite traditions, family get-togethers, and gathering for meals, gift exchanges, and most importantly, the exchange of stories which bind people closer. But mixed with the joy is also an increase in feelings of loss, magnified by the contrast in emotions. Within the family celebrating together is the widow mourning the absence of her husband, however long

ago; the child missing the military parent serving overseas, the young adult missing a sibling currently in rehab. If we don't look and ask we may miss this-as they strive to look "okay" and act the part they think is expected. What would really help them to be "okay?" We know that people who grieve do best when they feel the support of family and friends. They need to know their feelings are normal and don't have to be hidden. When others try to avoid all reminders of the loss, it only highlights their sense of aloneness and

the feeling they "should" be okay by now. Instead, we need to acknowledge those who aren't present. Talk about them and our memories of them. Continue with our traditions, but don't pretend we don't miss them there. When we laugh, cry, and remember together, the grief lessens through sharing, and our joy, though bittersweet, has room to break through.

Nancy Randall, Psy.D.
East Lyme Psychological Associates

DANCES: Every other month - Fri at 7:00 pm

Nov 9th, 2018 dates. Fee \$10.00 per person - tickets sold at the door. The Illusions Band plays.

TECH SUPPORT: Every Tue 2:45 pm with ELHS students during their school year. Call to set up an appointment.

Health Programs / Benefits Information

REIKI: 1st & 3rd Thu starting at 1:00 pm

\$5.00 fee. Registration at the Senior Center Office with payment.

REFLEXOLOGY: 2nd & 3rd Wed of every month starting at 10:00 am. \$5.00 fee. Registration at the Senior Center Office with payment.

MASSAGE THERAPY: 2nd & 4th Wed of every month starting at 12:30 pm. \$27/25minutes or \$54/55 minutes. Registration at the Senior Center Office with payment.

VNASC NURSE MANAGED FOOT CLINIC: 2nd Wed starting at 1:00 pm. Routine foot care. Anyone with a diabetic diagnosis cannot be seen by this clinic but all others are welcome. Appointments are required. Registration at the Senior Center Office with payment.

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

HEARING CLINIC: 1st Fri of every month at 10:00 am. Must have an appointment.

Every Month

Theme Meals & Musical Entertainment
Special Events

Public Works - Recycling

SINGLE STREAM RECYCLING

Acceptable - YES - Put these things in the recycling can:

- Paperboard boxes - e.g., cereal/cracker boxes
- Mail & greeting cards
- Loose metal jar lids & bottle caps
- Paper egg cartons
- Rinsed # 1-7 plastic containers & screw-top jars
- Rinsed plastic bottles & jugs
- Paperback books
- Paper/Paperboard File folders
- Phone books
- White & color office paper
- Rinsed, clean, aluminum foil & pans
- Rinsed glass bottles & jars
- Empty aerosol cans
- Magazines, brochures & catalogs
- Newspapers & inserts
- Corrugated cardboard & paper bags
- Rinsed food cans
- Rinsed milk/juice/creamer cartons



continued on page 26

RECYCLING AND GARBAGE COLLECTION ROUTE
EAST LYME, CONNECTICUT

GARBAGE PICKUP LEGEND

- MONDAY
- TUESDAY
- WEDNESDAY
- THURSDAY
- FRIDAY

Recycling Schedule 2018

| OCTOBER | | | | | | |
|---------|----|----|----|----|----|----|
| 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 | | | |

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

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

HOLIDAY For Holiday Schedule visit Public Works Curbside Collection at www.e1townhall.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.E1TOWNHALL.COM OR AT THE TOWN HALL.

REVISED: JANUARY, 2018
FOR QUESTIONS, CALL 860-739-6931

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Public Works ... continued from page 25

DO NOT put these things in the recycling can:

Unacceptable: Plastic bags, plastic films, flower pots, styrofoam, wood, food waste, garbage, leaves/yard waste.

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

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

Unacceptable Metal - Dirty aluminum foil, dirty tin cans, wire clothes hangers.

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

Unacceptable Glass - Window pane glass, plated glass, windshield glass, ceramics, candle glass, dinnerware, drinking glasses, pottery, mirrors.

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

KEEP A FOUR FOOT CLEARANCE AROUND EACH CAN

East Lyme Government/Education Cable TV Channel

Frontier Vantage TV customers can now see East Lyme's Government/Education Community Access channel (Atlantic Broadband channel 22) on Frontier Vantage TV channel 6112. East Lyme's Government/Education

Community Access channel cablecasts community information announcement slides and selected meetings both live and recorded. See eltoynhall.com Community/Community Access TV and eltoynhall.com Community/

Channel 22 protocol for more information. Selected meetings are also available for viewing on the town website. See eltoynhall.com Government/Information/Videos for more information.

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FEMA News for Residents



FEMA

The Town of East Lyme is a participant in the Federal Emergency Management Agency Community Rating System (CRS) program which entitles its residents to discounts on their flood insurance policies.

The CRS program recognizes and encourages activities that reduce flood damage to existing buildings and protects new buildings beyond the minimum Nation Flood Insurance Program protection level. The Town of East Lyme currently provides property protection advice by providing individuals with information as to what they can do to protect their own properties from flood damage. Those who have a federally backed mortgage, or plan to refinance with a federally backed lender, are required to purchase flood insurance if their home is shown in a high-risk flood area, known as a Special Flood Hazard Area, on the FEMA Flood Insurance Rate Maps.

Residents are urged to contact their insurance agent or visit www.floodsmart.gov to learn more about how and where to get a policy.

There are many ways to protect a property from flood damage, including but not limited to the following:

- Demolish the building or relocate it out of harm's way;
- Elevate the building above the flood level;
- Elevate damage-prone components, such as the furnace or air conditioning unit;
- Dry flood proof the building so water cannot get into it;
- Wet flood proof portions of the building so water won't cause damage;
- Construct a berm or redirect drainage away from the building;
- Maintain nearby streams, ditches, and storm drains so debris does not obstruct them; and
- Correct sewer backup problems.

There are several qualified people at the Town of East Lyme that can talk to you about flood hazard, flood protection measures, and/or possible financial assistance.

For more information, please visit the town website at the following link: <http://eltownhall.com/zoning/flood-claims-information/>

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Are You Ready for Winter?

Prepare for the worst before the snow starts to fly!

THINGS TO CHECK AROUND THE HOUSE:

- Have heating equipment and chimneys cleaned and inspected every year by a qualified professional.
- Make sure the fireplace has a sturdy screen to stop sparks from flying into the room. Remember: Ashes should be cool before putting them in a metal container. Keep the container a safe distance away from your home.

PLANNING TO USE A SPACE HEATER TO KEEP WARM?

- Be sure that it has been certified by a nationally recognized testing laboratory.
- Space heaters account for 43 percent of U.S. home heating fires and 85 percent of associated deaths.
 - * Always follow the manufacturer's directions for proper use.
 - * Always place the heater on a level, hard, nonflammable surface.
 - * Always keep heaters at least three feet away from combustibles.
 - * Always have a three-foot "kid & pet-free zone" around open fires and space heaters.
 - * Always turn the heater off if you leave the area.
 - * Never leave a space heater on when you go to sleep.
 - * Never place a space heater close to any sleeping person.
 - * Never use gasoline in a kerosene space heater. Even small amounts of gasoline mixed with kerosene can increase the risk of fire.
 - * Never use portable propane space heaters indoors or in any confined space unless they are specifically designed for indoor use.

NEVER USE YOUR OVEN TO HEAT YOUR HOME!

CHECK YOUR SMOKE & CARBON MONOXIDE DETECTORS!

- Be sure to place smoke alarms on every level of your home, outside of sleeping areas and inside each bedroom. Guard against carbon monoxide (CO) poisonings as well by installing carbon monoxide alarms in your home. Make sure that your batteries in all alarms are fresh and working.



For more great safety topics including recalls, and current updates regarding severe weather or incidents that may be affecting our area, visit our Facebook page at: <https://www.facebook.com/pages/category/Government-Organization/East-Lyme-Public-Safety-288572021179000/>



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East Lyme Public Trust

The E.L. Boardwalk Plaques - Stories of the Soul of a Small Town

A REFLECTION OF THE HEART OF THE COMMUNITY OF EAST LYME

As people walk the 1.1 miles of the East Lyme Boardwalk, they are able to ponder this gem of vintage Americana. One can see families strolling together, couples - old and new - holding hands, even people rehabbing from injuries as they welcome the waterside hand-hold and the many benches to rest and appreciate the view.

On clear days one can hear the wild cry of the sea gulls, the quiet lapping of the waves, the sometimes gentle rush of wind, and the blaring horn of the passing train as the conductor signals hello to the walkers.

Twenty four years ago, no one would have predicted the popularity of the plaques that line the East Lyme Boardwalk. Over those years, 1911 plaques have been installed, each with its own unique story. The plaque donors have come from 28 different states across the nation and from 2 foreign countries. Connecticut towns are represented from north to south and west to east- from Windsor to Woodbury and Greenwich to Guilford .



However, it is the unique story behind every plaque that is captivating as they celebrate weddings, anniversaries, births, and graduations. They express loss, sorrow, laughter and contentment. Because the co-chairs of this project -Bill and Fran Rinoski- are romantics, Board 1057 (at the request of Tony Terraciano) was put up in the snow one Valentine's Day. "Tony loves Christine," it stated and she said yes, right there on the boardwalk. When the boardwalk was re-dedicated in 2016, the pair were there with their 3 children!

One woman explained that she forced herself not to look at the plaques until she had finished the first half of her
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BE THE LIGHT DESIGNS

195 Boston Post Road, Waterford, CT 06385
860-917-8640

The advertisement features a central image of a storefront for 'BE THE LIGHT DESIGNS' with a sign above the entrance and a teal door. Below the main image are three smaller images: a dining table with a light fixture, a starburst light fixture, and a circular light fixture.

Thanksgiving is November 22!

thanksgiving
feasible desserts for your table

Save \$5 on your order
code: THNW2018
expires: 11/21/18

243 State Street / New London, CT
860-437-3166
240 Post Road / Westerly, RI
401-322-8800

Salted Caramel Harvest Bouquet®
Edible® Turkey & Dipped Pineapple

edible
edible.com

*Cannot be combined with any other offer. Restrictions may apply. See store for details. Edible®, Edible Arrangements®, and the Fruit Basket Logo are registered Trademarks of Edible IP, LLC. © 2018 Edible IP, LLC. All Rights Reserved.

Public Trust ... continued from page 29

walk. Then, she would allow herself to turn seaward to read some of the plaques as she returned to her starting point. Many of the inscriptions indicate what the Boardwalk has meant to people: The Perfect Walk, A Tiny bit of Heaven, Smell the Ocean Air, Walk the Path in Silence. The one that best reflects the mood of this crescent shaped "dream" is To All Who Pass Here - Peace.

Bill and Fran Rinoski have been the chairs of this fundraiser for 24 years! When I asked Bill why they were willing to take on this project and continue with it for such a long time, he said, "I believed in the Boardwalk from the beginning... and I wanted to make this dream come true. I signed up to see this project through to the completion of the re-built Boardwalk." Every town should have volunteers with this dependability and perseverance.

For a \$100 tax-deductible contribution, become part of that permanent history by sponsoring a plaque with your own memory engraved, to be placed on the re-constructed Boardwalk. All funds raised by the sponsorship of the plaques are used to contribute to the maintenance of the Boardwalk and other Foundation projects.

Application forms are available at:

East Lyme Town Hall-Town Clerk's Office, East Lyme Parks and Rec. Dept., East Lyme Library, and the E.L. Book Barn.

SEARCHING FOR THE PERFECT HOLIDAY GIFT?

No sizes or colors to choose. It is a gift that will last forever. Act now-the perfect gift to give someone. Historians will be well served to research this mirror of the heart and soul of a small town in Connecticut in the 21st Century.



A great place to visit, play and live!

A quaint seaside village community on the beautiful Connecticut shoreline, East Lyme is located just 20 minutes south of Mystic and has much to offer visitors to the town. Unique shops, great restaurants, a mile-long boardwalk overlooking beautiful Long Island Sound, and special events throughout the year are just some of the reasons to visit.

Conveniently located, East Lyme is easy to get to and is a perfect place to spend the day or a weekend away. If you're in the area, come "Discover East Lyme" and see for yourself just what makes this community such a great place to visit, play and live!

"Experience the Difference" at The Saybrook at Haddam.

Mom has Blossomed!

"Mom's memory loss meant her way of life was changing, but we did not want her quality of life to change as well. We are so happy – and a little surprised – at how quickly she settled into her new home and routine at Safe Harbor Memory Care Neighborhood in The Saybrook at Haddam, where residents "experience the difference" and blossom. **Safe Harbor offers:**

- Stimulating and therapeutic programs that promote individual self-worth, dignity and independence
- A kind and specially trained professional staff 24 hours/day
- Personalized care and medication management
- A cozy, homelike setting with lovely living/ community room and dining room for shared meals with family and friends
- Fresh air and sunshine in our secure "Walking Garden"



Resident Doris Whitmore with daughter Beryl enjoying a cup of tea in the country kitchen.



A Memory Care Neighborhood
1556 Saybrook Road, Haddam, CT 06438
www.thesaybrookathaddam.com

Call 860-345-3779 for information and a guided tour.

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 WNLG, WICH, WCTY, WKCD, WAVE AND WSUB the day of the cancellation. Participants unable to register in person please fill out this form and mail with check to: East Lyme Parks and Recreation Dept., 41 Society Road, Niantic, Ct. 06357. Mail in registrations will be accepted after the initial walk in registrations.

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

Emergency Contact:

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

| Participants Name | DOB | Gender | MEDICAL CONCERNS | Program | Session Number | Fee |
|-------------------|-----|--------|------------------|---------|----------------|-----|
| | | | | | | |
| | | | | | | |
| | | | | | | |

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

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

Connecticut Cancer Foundation - John & Jane Ellis by Sigrid Kun

An enduring promise to help Connecticut cancer patients and their families.

The story of John and Jane Ellis is one of love, inspiration and dedication. She says he had the vision. He says she's the angel who does everything. Together, they are strong individuals who never wavered since John made a most solemn promise.

Born in New London, John was a high school standout in football and baseball. He went on to a 13-year major league baseball career. The catcher debuted in 1969 with the New York Yankees (1969-1972), hitting a home run in his first at bat. He also played for the Cleveland Indians (1973-1975) and Texas Rangers (1976-1981).

A routine life insurance examination revealed a spot. He had been a picture of health - jogging 10 miles a day. At age 38, the 1971 Topps All-Star Rookie had Hodgkin's lymphoma. He had already lost a brother, sister and sister-in-law, each to cancer. "Sitting there in the hole, getting your juice, and breaking it down. I made a deal," explains John. "If you let me live, I'm going to do this. I said I'd dedicate my whole life to the needs of the needy."

That was 1987. Together, the couple started a foundation whose mission has remained steadfast - to provide financial assistance to Connecticut cancer patients and their families and to fund cancer research. He is the Chairman/Founder. She is the President and Executive Director. The formula is simple. Many individuals affected by cancer struggle with basic living necessities. The foundation is there to help.

Oncology social workers in Connecticut provide referrals to the foundation. Applications are reviewed each Monday, with grants made within a week - an unheard of turnaround. If there is an emergency, they will do what they can right away. "It's all local. "You know where the money is going and that makes us unique," notes Jane. To date, the foundation has provided almost \$6 million in financial assistance to CT families and over \$2 million to lymphoma research. A \$7 million endowment ensures its future.

Their signature fundraiser is an annual celebrity dinner first held in 1988 at the Groton Motor Inn. Mickey Mantle, Whitey Ford and Billy Martin were there. "It was like a group of friends, getting together and telling stories," relates Jane. "It was special." The event raised \$100,000. At the end of the evening, Mickey observed "I hope this foundation goes on forever."

The event has grown markedly and is now hosted by a key corporate partner, Mohegan Sun. The next celebrity dinner will be held on February 8, 2019. The list of attendees are a testament to the relationships/trust that the couple forged over the years: Don Zimmer (who once released John), Yogi Berra, Derek Jeter, David Ortiz, Hank Aaron, Carl Yastrzemski, Joe Torre, Reggie Jackson, Mariano Rivera, and Roger Clemens. There are new fundraising initiatives: Cycle Against Cancer,



Left, John and Jane Ellis. Below, from the left, Derek Jeter, Didi Gregorius, Tommy Kahnle and David Robertson attending the 2018 Celebrity Dinner at Mohegan Sun.



New location, right, at 15 North Main Street in Old Saybrook.



the Fishing Against Cancer tournament, and a Speakers Program. And there is assistance for ILROG - the International Lymphoma Radiation Oncology Group. "We're global in nature but local in giving," observes John.

The foundation recently (July 2017) opened its new location at 15 North Main Street in Old Saybrook. Every aspect of the new facility focuses on the foundation's mission. There is a Hall of Fame. "It's a museum piece," says John. "A tribute to some of the wonderful baseball players who helped literally to build the foundation." There is an art gallery to hold exhibits benefitting the foundation. "It's the infrastructure for the next 30 years," says Jane.

John and Jane have assembled plenty of stories. John laughs over that second celebrity dinner when Joe DiMaggio wouldn't sign memorabilia Whitey Ford brought along for him to sign. Yogi Berra successfully intervened. And then there was a single mother whose child was suffering from a rare cancer. "I'll never forget that for the rest of my life," recounts Jane. "They were homeless. She didn't know how to feed her children that evening. We gave her \$2,000. That gave her hope. We continued to help her. We got furniture... I had John schlep it all in his truck"

Thirty years ago, the couple wondered if they'd still be needed. Surely, cancer would be beaten already. "Our mission is more relevant today than 30 years ago," explains Jane. "Everyday expenses... it's so much more expensive to live. Our help is needed more than ever." "There's plenty of work here," adds John. "We look forward to making sure the foundation goes on and on."

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