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First Selectman's Corner

The crispness of autumn has arrived after a very warm and wet summer. As East Lyme heads into the holiday season there are many great events coming up. On **Veterans Day**, November 11th, there will be a ceremony at Veteran's Green (Penn Ave and Main St) at 10:00 am. The **Holiday Stroll** on Main Street will be on Saturday, November 25th, from 3:00 to 7:00 pm with the lighting of the Christmas tree on the green at 5:00 pm. The **Niantic Playhouse** on Main St will be performing "A Christmas Carol" the first couple of weekends in December. Be sure and go online to check out the exact dates and times of the performances. And the fall season will be capped off by the **Light Parade** on Saturday, December 9th!

CONSTRUCTION - RT 161/EXIT 74

The first year of construction for the Rt 161/Exit 74 project is just about finished until the spring. The blasting, lane closures, and backups along Rt 161 should be behind the Town until the spring of 2024. If you have not already done so, be sure and sign up for alerts regarding the construction. The alerts will assist in minimizing the inconvenience of traffic backups resulting from the project.

AMTRAK

Regarding the Amtrak fence replacement, it does not look like this project will be undertaken within the next year. Several of Amtrak's fence replacement projects have been delayed for budgetary reasons. The Amtrak representative, who has been very responsive to all inquiries and questions from the Town, has repeatedly stated the Town will be part of the decision process when the fence is replaced.



Kevin Seery
First Selectman

MUNICIPAL ELECTION

The municipal election on November 7th will see a new administration elected for the Town. For the last 26 years I have had the distinct honor and privilege of serving the Town of East Lyme -14 on the Board of Education, 10 on the Board of Selectmen, and the last 2 as First Selectman. During this time, I have met some wonderful people and forged friendships that will last a lifetime. This is, without

continued on page 5

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SALES REPRESENTATIVES

ESSEX • WESTBROOK
CLINTON • MADISON
Ward Feirer 914-806-5500
wfeirer@gmail.com

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COVER PHOTO
Bromley & Diesel enjoying
a sparkling winter day
on the Peretz Park Walking Trail.

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Selectman... continued from page 3

question, a remarkable town and I am excited to see what the future has in store for East Lyme. It is not any one individual that makes this a great town, it is the people who live here and call it "home" that make it such a great place in which to live. East Lyme has been my home for the last 39 years and it will remain my home to the end. My sincerest thanks for the support over the last 26 years and for allowing me the honor of serving in the greatest Town in the country. God bless East Lyme!

Please feel free to contact the First Selectman's office if you have any questions or concerns. I can be reached at 860-691-4110 or send me an email at kseery@eltownhall.com.

Kevin Seery,
First Selectman

Watch Town Meetings on Cable TV or Internet

Board of Selectmen, Board of Finance, Special Town Meetings, Inland Wetlands Agency, Planning Commission and other selected meetings may be seen live on **Breezeline channel 191 or 2000, Comcast channel 97 and Frontier channel 6112.**

Visit: eltownhall.com/government/videos to view the cable TV replay schedule for these and Board of Education meeting videos or to watch town meeting videos on demand.

These town hall meetings are also streamed live on [YouTube.com/eltownhall](https://www.youtube.com/eltownhall), East Lyme's YouTube channel. Board of Education meetings are streamed live on [YouTube.com/EastLymePublicSchools](https://www.youtube.com/EastLymePublicSchools).

Director's Report



Park and Recreation Director,
Jerry Lokken

East Lyme is wonderful during the holidays! The Parks and Recreation Department partners with Niantic Main Street and other community partners to provide the 35th Annual Niantic Light Parade, the 20th Annual Holiday Stroll and the Magic Show with Santa. We will be decorating downtown Niantic for the Holidays and look forward to seeing this year's new attraction, "Buoys by the Bay," at the Niantic Main Street Park organized by the East Lyme Public Trust.

Our Parks crew continues to provide well-maintained facilities throughout the year. Recently, they completed installation of safety surfacing and mats that make the playscapes at McCook Point Parks and Peretz Park much more safe and accessible.

continued on page 6

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Director... continued from page 5

Visitors to the Niantic Boardwalk will be pleased with improvements at Hole in the Wall Park to make the restroom facility usable year-round. Looking ahead, the department is looking forward to the construction

of new Pickleball courts at Peretz Park at Bridebrook and installation of water fountains at parks.

Please browse these pages and make plans to sign-up for one of our

programs, attend an exciting community event, explore a park, or find out something new about East Lyme.

Yours in health and community,
Jerry Lokken, Director



Jeff Newton
Superintendent

Superintendent's Note

East Lyme Public Schools continues to thrive and provide an outstanding school experience for every student in our district. We remain proud of our reputation and focus on the needs of 'The Whole Child', including the mental health of our students.

At the start of this school year our district received a three-year grant

from the State of Connecticut for approximately \$320,000 which has allowed us to expand our mental health support for students and hire an additional School Psychologist at the high school level.

Our school district continues to grow and build on our pathway programs and opportunities for students to explore various career options that may be available to them whether or not they attend college. We have received approximately \$130,000 in grant funding and donations to support many of these student programs. Some of these programs include Emergency Medical Technician (EMT) coursework, auto mechanics, aviation mechanics, welding, nursing, cyber security, construction, and early childcare. These are excellent opportunities within and beyond the classroom that are helping our students with expanded career choices.

Another important focus for the district is the ongoing safety and security measures required for students and staff within our building and on school grounds. At the start




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of the 2023-2024 school year, we found increased community campus activity that was not associated with our school system, such as community use of the high school track and tennis courts during the school day, along with increased car traffic flow using the high school parking lot as a cut-through between Boston Post Rd. and Rt. 161.

State Statute Sec. 53a-185 requires that anyone on a school campus during the day must have a specific reason associated with a student to be present in a school building or on any school grounds. Hence, for the safety of all we have asked our East Lyme community to help support these safety measures and avoid being on school grounds for any purpose other than it being related to a student. This applies only when school is in session or during scheduled after-school student events and contests.

We appreciate our wonderful town and supportive families and school community. We will continue to ensure the best possible education is provided for every child here in East Lyme. Please join me in thanking every teacher, staff member, and administrator for all their hard work and care for our children. They provide an amazing service through dedication and excellence in education.

Jeff Newton,
Superintendent of Schools

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Jesse Perrault
Financial Advisor

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Family-friendly hours:

Monday - Thursday
8:00 am to 6:00 pm
Friday
8:00 am to 5:00 pm

Community Board / Special Events

MAGIC SHOW WITH SANTA

Friday night, December 15th from 6:00 - 7:00 pm

Come celebrate the season with us and enjoy our holiday magic show featuring Santa Claus and his magical elf assistant, wowing the crowd with all their tricks heading into their busy season!

Rumor has it the magical elves will also be coming to East Lyme for the Holiday Stroll on November 25th to get an extra look at how the kids have been behaving prior to the magic show.

Tickets for sale at Parks & Rec. online or in office and are \$10/per person for the show, seats are limited so don't wait! We recommend this show for families with children ages 3-7 years old.



NIANTIC LIGHT PARADE

On Saturday, December 9, 2023 at 6:00 pm

The 35th annual Niantic Light Parade will once again travel through our beautiful downtown spreading holiday cheer! The parade will start at 6:00 pm at the corner of Columbus Avenue and proceed down Main Street (Route 156) to Pennsylvania Avenue (Route 161), ending on Grand Street. (Rain date Sunday, Dec 10, 2023 at 5:00 pm.)

COUNTDOWN TO NOON

December 31st at the Community Center from 10:00 am - 2:00 pm

Save the date and come celebrate the New Year with the Niantic Childrens Museum at this great family event.

More information can be found at:
www.nianticchildrensmuseum.org/.



INDOOR PICKLEBALL

Join us at Lyme Shores Racquet Club on Tuesday evenings all winter long for indoor pickleball.

Each session will run for two months, 8 nights, and be held from 8:00 - 10:00 pm.

Session 1: October 10 - November 28

Session 2: December 5 - January 30 (Skip December 26th)

Session 3: February 6 - March 26

Fee per session: Residents \$60 / Non-Residents \$75

Interested in a beginner clinic?

Email Mike McDowell at: mmcdowell@eltownhall.com to be entered into the queue for a 4-week Introduction to Pickleball Clinic.



CORN HOLE

Monday nights, at the Community Center from 7:00 - 9:00 pm
Who will reign supreme?

Players will have two hours to toss bags until their arms fall off! (hopefully not) Teams will be formed by participants and change throughout this recreational program.

Sets of boards and bags will be supplied by parks and recreation, participants may bring their own if they wish.

Session 1: November 13 - December 18th

Session 2: January 8 - February 26th

Fee per session: Residents \$30 / Non-Residents \$40

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.



Visit our Town website at:
eltownhall.com

We hope you will find our website to be a useful tool to find updated information and explore our wonderful community.

Parks & Recreation Department

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

Contact Information, Websites & Email Addresses

Executive Director: Jerry Lokken
jlokken@eltownhall.com

Program Coordinator: Jack Messina
jmessina@eltownhall.com

Administrative Assistant: Robin Grandieri
rgrandieri@eltownhall.com

Administrative Secretary: Arlene Wilbur
awilbur@eltownhall.com

Recreation Supervisor: Michael R. McDowell
mmcdowell@eltownhall.com

Prevention Coordinator: Sarah Firmin
sfirmin@eltownhall.com

Park Foreman: Robert Swan
rswan@eltownhall.com

Maintenance Support: Michael Rak, Steven Gerovitz,
Cameron McCollum

Parks & Recreation Commission Members

Chairman: Thomas Beebe, Jackie Curry, Patrick Larkin, Sue Kumro, Todd Donovan, Kathleen Kuvalanka, Robert Tukey, William Willets, Jr. Emeritus Member *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

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

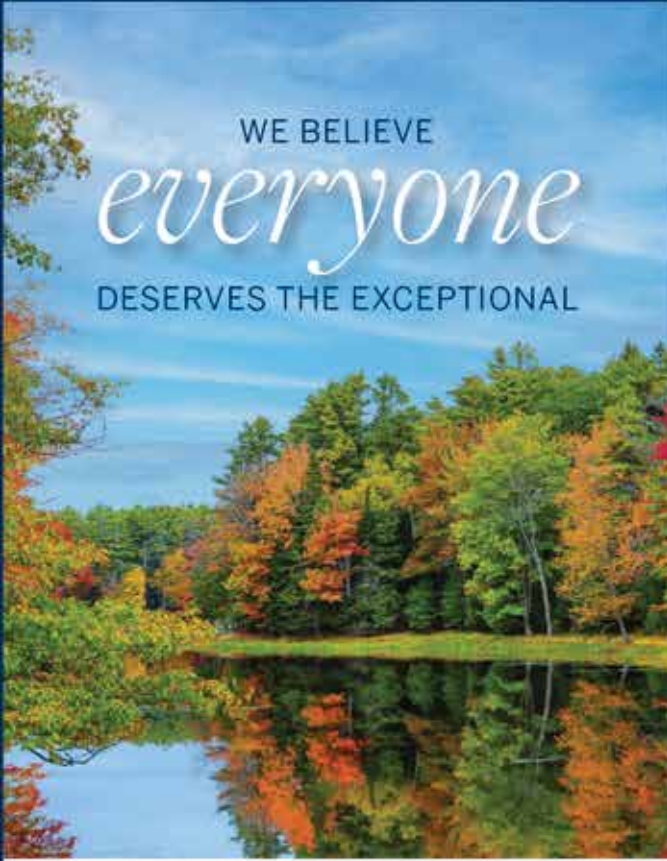
DEP Old Lyme: 860-434-8638

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


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Parks & Recreation ... continued from page 9

Athletic Organizations

EAST LYME BABE RUTH LEAGUE

Steve Licitra: 860-460-4018 | eastlymebaseball@yahoo.com
www.eastlymebaberuth.com

EAST LYME LACROSSE

Adam Keefe: 914-582-4728 | adamckeefe@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

Eric Stoddar: 203-848-5378 | elsact.president@gmail.com
www.eastlymesoccer.org

EAST LYME YOUTH FOOTBALL

Joseph Buzzell: 860-857-3840 | coachbuzzelli@yahoo.com

EAST LYME YOUTH CHEERLEADING

Tammy Bogue: 860-303-1741

EAST LYME YOUTH BASKETBALL

Todd Donovan: 860-460-1347 | elyouthbasketball@yahoo.com
www.elyb.org

GIRL SCOUTS REGIONAL OFFICE

Caitlyn Dorrington: 800-922-2770 x 3728
Monica Sistaire: 860-638-7151 | gsofeastlyme@gmail.com

NIANTIC LIONS CLUB

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

NIANTIC ROTARY CLUB

nianticrotary@gmail.com

CUB SCOUTS PACKS

Mike McKee, #24: 860-739-0433 | www.beascout.org
www.pack24eastlyme.org | pack24eastlyme@gmail.com

BOY SCOUT TROOPS

George Sisson, #7: 860-691-2165 | Troop #24: 860-443-5492
Richard Cushing, #240: 860-739-5239

POLLINATOR PATHWAY EAST LYME

Pollinatorpathwayel@gmail.com

EAST LYME HISTORICAL SOCIETY

info@eastlymehistoricalsociety.org

EAST LYME POLICE CADTES

Sgt. Mark Hallbauer, Ofc. Chris Dube
860-451-9797 | Information@eastlymepolicecadets.org

Clubs / Town Organizations

AMERICAN LEGION AUXILIARY, UNIT 128

Maggi Prokop: 860-941-5809

EAST LYME VETERANS COUNCIL

Joyce Harris: 860-303-1718 | joymh1@aol.com

PARKS & RECREATION DEPARTMENT

41 Society Road | Niantic, CT 06357

Visit us online at:

parkinfo@eltownhall.com

Parks & 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 | 8:00 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.*) register for programs

In person registration is at the Parks and Recreation Department Office in the E. Lyme Library Community Center on Society Road, by mail (**Mail-ing address:** 41 Society Rd., Niantic, CT 06357 or online.)

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.

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

PLEASE CHECK WITH OUR OFFICE FOR PROGRAMS BEING OFFERED WITHIN THE REGION.

East Lyme Parks and Recreation reserves the right to reschedule or cancel any advertised class due to weather, facility availability, or any other circumstance beyond our control.

As we will try our best to reschedule; refunds will not be offered due to any unforeseen cancellation of an individual class.



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\$565,000
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\$378,500
24 MOHAWK DRIVE, EAST LYME
(REPRESENTED BUYER)



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Park and Beach Information

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

- Open daily from 8:00 am to sunset
- Pets are permitted on beaches from the Tuesday after Labor Day until the Friday before Memorial Day ONLY**;
- must be always under owners' control 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.
- Once restrooms re-open, they will remain open until mid-November as weather permits.
- Contact the Parks and Recreation Office for Pavilion reservations / availability.
- All East Lyme parks are Tobacco.



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 27 – Sept 4, 2023**

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

PAVILION / BANDSHELL RENTAL

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

PARKS & BEACHES ADDRESSES

Cini Park	Route 156, Niantic (located at end of boardwalk by Niantic Bridge)
Hole-N-Wall Beach	Baptist Lane, Niantic
McCook Point Park	8-10 Atlantic Street, Niantic Main beach, pavilion, picnic area, restrooms, Hole-N-Wall beach, playground, bocce court, outdoor showers
Peretz Park at Bridebrook	221 West Main Street, Niantic Baseball, soccer, basketball court, softball, lacrosse, utility fields
Smith-Harris Park	31 Society Road, Niantic (Behind EL Middle School) Little League, Pee-Wee football
Veteran's Memorial Park	10 Memorial Park Road, Niantic Baseball, softball



TENTH ANNUAL

2014 Niantic 5k Jingle Bell 5k

BRIAN DAGLE FOUNDATION

- **Race Date:** Saturday, 12/9/23 (no rain date)
- **Registration starts at:** 8:30 am
- **Race begins at:** 10:00 am
- **McCooks Beach Park, Niantic**
- **Teams / Costumes Welcome!**

Scan the above QR Code or Register online at:

<http://nianticjinglebell5k.itsyourrace.com>

or

BriansHealingHearts.org/JingleBell5k

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Parks & Recreation Adult Programs

PLEASE NOTE

Will make every attempt to reschedule; however, refunds or pro rating will not be offered due to any unforeseen cancellation of an individual class. Please bring your exercise mat and water!

"Jump Start"

This energizing fun class rotates and combines many fitness styles such as Tabata, Barre, circuit, Zumba®, aerobics, and strength. Class ends with a relaxing stretch.

Registration begins December 6, 2023.

Dates: Jan 8 to March 1 (No class 1/15, 2/19)

Days: Monday-Wednesday-Friday

Time: 7:30 - 8:20 am

Fees: Resident \$88.00 / Non-Resident \$103.00

Location: EL Community Center

Instructor: Donna Neaton, AFAA

"Fit & Fabulous" (Morning Aerobics)

This energizing fun class rotates and combines many fitness styles such as Tabata, Barre, circuit, Zumba®, aerobics, and strength. Class ends with a relaxing stretch.

Registration begins December 6, 2023.

Dates: Jan 8 to March 1 (No class 1/15, 2/19)

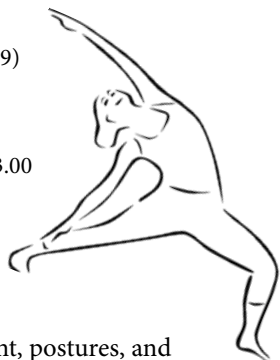
Days: Monday-Wednesday-Friday

Time: 8:30 - 9:20 am

Fees: Resident \$88.00 / Non-Resident \$103.00

Location: EL Community Center

Instructors: Donna Neaton, AFAA



Monday Morning Yoga

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.

Dates: Jan 8 to April 8 (no class 1/15, 2/19)

Days: Monday

Time: 9:35 - 10:35 am

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

Location: EL Community Center

Instructor: Michele Flowers, RYT 500

Total Body Fitness

This 50-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

continued on page 14

Daily Lunch & Dinner Specials

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Adult Programs... continued from page 13

cardio to keep the class moving & challenged. Class ends with stretching.

Dates: Jan 8 to Feb 21 (no class 1/15, 2/19)

Days: Monday and Wednesday

Time: 4:30 - 5:20 pm

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

Location: EL Community Center

Instructor: Gina Morris, AFAA

Monday Evening Coed Yoga

Class is for all levels of students. Students will learn postures, deep relaxation, and breathing techniques.

Dates: Jan 8 to April 8 (no class 1/15, 2/19)

Days: Monday

Time: 5:30 - 6:45 pm

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

Location: EL Community Center

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



Flex Fitness

This energizing fun class rotates and combines many fitness styles such as Tabata, Barre, circuit, intervals, aerobics, and strength & balance. Class ends with a relaxing stretch.

Registration begins December 6, 2023.

Dates: Jan 23 to Feb 27

Days: Tuesday

Time: 4:30 - 5:20 pm

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

Location: EL Community Center

Instructor: Donna Neaton, AFAA/Barre Instructor

Pilates – Active Isolated Stretching

This class incorporates the principles of Stott Pilates, using equipment and tools that are provided.

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.

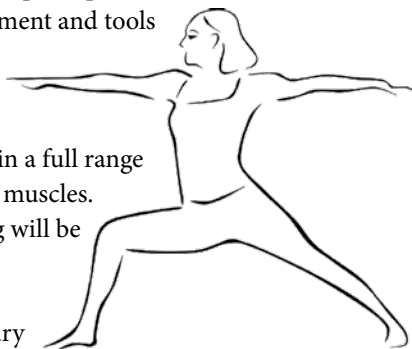
Dates: Jan 2 to Feb 20 (no class 1/9, 1/24)

Days: Tuesday

Time: 5:30 - 6:30 pm

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

Location: EL Community Center



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

Wednesday Night Coed Yoga and Meditation

Class is for all levels of students. Students will learn postures, deep relaxation, and breathing techniques.

Dates: Jan 3 to March 20

Days: Wednesday

Time: 5:30 - 6:45 pm

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

Location: EL Community Center

Instructor: Susan Kruse, RYT 500



Stability Ball

This challenging class focuses on balance and the core muscles with additional upper / lower body strength training utilizing handheld weights. This workout can be done on an exercise mat as well as the stability ball. Please bring your own stability ball.

Dates: Jan 25 to Feb 29

Days: Thursday

Time: 4:30 - 5:20 p.m.

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

Location: EL Community Center

Instructor: Donna Neaton, AFAA

Thursday Zumba®

Come join the Zumba® Fitness dance party! Classes combine elements of cardio, muscle toning, balance, and flexibility. This calorie-burning, high-energy workout of fun, easy to follow dance moves to Pop, Latin and international rhythms is exercise in disguise.

Dates: Jan 4 to April 11

Day: Thursday

Time: 5:45 - 6:45 pm

Fee: Resident \$70.00 / Non-Resident \$85.00

Location: EL Community Center

Instructor: Terry Weiss, Licensed Zumba® Instructor

Saturday Morning Zumba®Aerobics

Burn calories as you move to rhythms with Latin, Pop and International-inspired dance moves for people of all fitness levels and age groups.

Dates: Jan 6 to April 13

Days: Saturday

Time: 8:30 am to 9:30 am

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

Location: EL Community Center

Instructor: Kim Thompson, Certified Zumba® Instructor

Parks & Recreation Pre School Programs

Creative Arts for Kids (Ages 2-4)

A 45-minute arts and crafts class designed for 2-4-year-olds.

This class uses 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.



Music & Movement (Ages 2-4)

Stimulate your child's natural response to music!

Children will be exposed to dances, different music styles and sounds, and floor and lap games. Dance, shake and play together to an array of musical styles and genres. Your child will develop important listening and motor skills. (*Class is child participation only.*)



Registration begins December 5, 2023 for Session 1.

Registration begins January 9, 2023 for Session II.

Dates: **SESSION 1:** January 9 to January 30

SESSION 2: February 6 to February 27

Days: Tuesday

Time: 9:30 - 10:15 am

Fee: Resident-\$40.00 / Non-Resident-\$55.00 (*per session*)

Location: East Lyme Community Center / Youth Center

Instructor: Lisette Bellody

Registration begins December 5, 2023 for Session 1.

Registration begins January 9, 2023 for Session II.

Dates: **SESSION 1:** January 11 to February 1

SESSION 2: February 8 to February 29

Day: Thursday

Time: 9:30 - 10:15 am

Fee: Resident \$40.00 / Non-Resident \$55.00 (*per session*)

Location: East Lyme Community Center / Olive C. Room

Instructor: Lisette Bellody



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Parks & Recreation Youth Programs

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.

Dates: January 3 - January 24, 2024

January 31 (CPR / First Aid Training)

Day: Wednesday

Time: 3:00 - 4:00 pm

(CPR & First Aid: January 31, 2024, 3:00 - 6:00 pm)

Fee: \$75.00 Residents / \$90.00 Non-resident

Location: Community Center / Olive C. Room

Home Alone

This course is recommended for 5th and 6th graders. Participants learn how to be home without supervision responsibly. This popular course fills up fast and is limited to the first 10 who register.

Dates: January 2, 9, & 16

Day: Tuesday

Time: 3:00 - 4:00 pm

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

Location: Community Center / Olive C. Room

Ski Club

East Lyme Youth Service Ski Club at Mount Southington on Thursdays 3:00 - 9:00 pm from January 4 - February 1.

Bus picks up at ELHS at 2:45 pm and will leave EL Youth Center at 3:15 pm. Return to Youth Center at 9:00 pm.

We will max this program out at 45 participants, and due to popularity expect to reach it quickly.

Fees for 2024:

Lift Only: \$350

Lift and Lesson: \$415

Lift and Equipment Rental: \$440

Lift, Lesson, and Rental: \$490



Parks & Rec Department
41 Society Road | Niantic, CT 06357

Visit us online at:
parkinfo@eltownhall.com



East Lyme Youth Services

SERVING THE COMMUNITIES OF EAST LYME & SALEM

45 Society Rd, Niantic, CT 06357 • 860 739 6788

email: sfirmin@eltownhall.com

"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 second Thursday of every month. The meetings are held at the Parks and Recreation Office and begin at 6:00 pm. The public is welcome to attend.

EAST LYME YOUTH COALITION

Join our ELYC (East Lyme Youth Coalition) to address underage drinking and addiction in our town. More information to come, please contact Sara at: sfirmin@eltownhall.com to inquire.

REGISTRATION INFORMATION

In order to attend our activities and programs, participants must

turn in a signed registration form for each of the programs they attend. Registration forms are available at Youth Services, the Parks and Recreation office, ELMS cafeteria, and online at: www.eltownhall.com.

Registration forms and fees should be turned in to the Parks and Recreation Department offices or can be mailed to us. All payments by check should be made out to: Town of East Lyme / ELYS with the participant's name in the memo section.

CANCELLATIONS

All cancellations will be sent to program participants via email.

Programs & Activities

East Lyme Youth Services holds after-school activities to foster positive youth development throughout the school year.

OPEN CENTER AFTER SCHOOL PROGRAM

Schooldays, 3:00 - 5:30 pm - (noon - 5:30 pm on half days)

The program meets in the youth center where youth in Grades 5-8 can enjoy indoor and outdoor activities in a fun, and safe environment. Our staff members provide general supervision and serve as positive role models. This program runs throughout the school year.

MORE INFORMATION

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

Volunteering

If you enjoy interacting with 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.

Rental

The Youth Center is available for rental for private events and meetings. Please call or email for more info.

East Lyme Aquatics & Fitness

SCHOLARSHIP AID FOR EAST LYME POOL AVAILABLE

Wondering about our GREAT community resource—the POOL at the high school? YES! It is open to the public.

Are you looking for a place where you can build endurance, muscle strength, cardiovascular fitness, relieve stress, stay fit, and have social interaction and fun all in one?

Consider the East Lyme Aquatic and Fitness Center located at the East Lyme High School, where there is free parking and easy access to the Aquatic Center. Drop in to check it out!

If financial assistance is needed to make use of the pool or fitness center, the East Lyme Aquatic & Fitness Center Foundation, Inc. provides

financial assistance based on need and interest.

Scholarship applications are short and can be obtained by request to the Foundation's email at: elpoolfoundation@aol.com. Please take advantage of this opportunity. Don't let finances be the deciding factor. Selection of eligible recipients will be made by the Foundation's Board of Directors.

The Foundation is a nonprofit 501 (c) (3) organization that offer financial aid to East Lyme / Niantic and Salem community residents for pool and fitness center activities.

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East Lyme Public Library

39 Society Road, Niantic, CT 06357 | 860-739-6926 | www.eastlymepubliclibrary.org

Unattended Minor Policy (5/7/18)

REVISED 3/6/23 TO AGE 12

Although serving children and families is an important part of the library's mission, it is not the Library's function or purpose to supervise or care for minors. Accordingly, the library and its staff cannot, and expressly do not, assume any responsibility to supervise or care for a minor on library premises. Rather, a minor's caregiver (such as a parent, guardian or other person having custody or control, or providing supervision of a minor) is responsible for the supervision, conduct and safety of such minor at all times while on Library premises. Children under the age of twelve, for their safety and well

-being, must be accompanied by a responsible adult while on library premises, although library staff may in its discretion require any minor to be accompanied by a responsible adult or teenager while on library premises.

Library staff members do not monitor children leaving the library. If a child is not able to leave the library unaccompanied by an adult, the child should not be in the library without an adult. For privacy purposes, staff members do not sign in or sign out any library patrons.

Disruptive patrons may be asked

to leave the library or the children's library. **Examples of disruptive behavior include but are not limited to the following:** swearing or using inappropriate language, yelling, bullying in-person or online, inappropriate public displays of affection, and destruction of library property.

Library staff is not responsible for monitoring computer usage. If a child is old enough to be in the library alone, that child is old enough to follow library internet safety rules and any additional online rules set by the parent(s). Parents alone are responsible for their child's online activities.



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CHILDREN'S PROGRAMS

Tuesdays & Thursdays, 10:30 - 11:00 am

STORYTIME FOR ALL AGES

Community Center Activity Room

Read, sing, and dance with Miss Rebecca during this popular program for little ones!

Wednesdays, 10:30 - 11:00 am

BABY SIGN AND SING

Children's Room

Learn baby sign language with Miss Sarah in this fun interactive storytime. Sing, play, dance, and learn!

Tuesdays, 4:00 - 5:00 pm

READ TO HAZEL, A THERAPY DOG!

For Readers Ages 6 and Up

**Preregistration Required*

Children gain confidence by reading aloud to a friendly, non-judgmental therapy dog! Sign up each week for a ten-minute time slot. Handler Nicole Goolsbey and Hazel, are volunteers with the Alliance of Therapy Dogs.



*To register, call 860-739-6926, ex. 2, or stop by the Children's Room Desk.

TAKE-AND-MAKE CRAFT KITS

New kits are available once a month and are announced on our Facebook page. Kits are limited and available on a first-come, first-served basis

ADULT PROGRAMS

ADULT BOOK DISCUSSION

Tuesday, November 14, 7:00 pm

Mercy Street by Jennifer Haigh

Tuesday, December 12, 7:00 pm

Lilly and the Octopus by Steven Rowley

Wednesday, December 13, 7:00 pm

OUT-OF-THIS-WORLD BOOK DISCUSSION

The Eye of the World by Robert Jordan

MYSTERY BOOK DISCUSSION

Thursday, November 30, 11:00 am

Roses, Wine, and Murder by Rose Young

Thursday, December 28, 11:00 am

Clark and Division by Naomi Hirahara



continued on page 20

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Library... continued from page 19

MEN'S BOOK DISCUSSION

Wednesday, November 22, 7:00 pm

Endurance by Alfred Lansing.

Wednesday, December 23, 7:00 pm

The Map that Changed the World by Simon Winchester.

Monday, December 4, 7:00 pm

THE FUNNIEST MOMENTS IN FILM with Marty Gitlin

Join award-winning author and pop culture historian Marty Gitlin for The Funniest Moments in Film - the Biggest Belly-laughs in Movie History. This interactive program highlights the best of the best from the silent era to the modern era. Marty will show videos of laugh-out-loud scenes from the 1920s to today, including snippets of such stars as Harold Lloyd, Groucho Marx, Woody Allen, Peter Sellers, Gene Wilder, Leslie Nielsen, John Candy, and Robin Williams.

Gitlin will show funny moments from comedies like *Some Like it Hot*, *The Producers*, *Blazing Saddles*, *Monty Python and the Holy Grail*, *Naked Gun*, *Mrs. Doubtfire*, *Planes, Trains and Automobiles* and *The Birdcage* while discussing why they're considered the funniest ever and their impact on pop culture. There will be plenty of fun trivia questions and a question-and-answer period. This one is a blast to join in on!

Program registration is required at: www.eastlymepubliclibrary.org/events.

Tuesday, December 19, 7:00 pm

WINTER SOLSTICE CONCERT

Come celebrate the longest night of the year and welcome the beauty, solitude, and snow-filled fun of winter, with our popular Winter Solstice Concert, featuring violinist and violist Irene Rissi.

Program registration is required at: www.eastlymepubliclibrary.org/events.

Patience

*"Patience is not
the ability to wait,
but the ability to
keep a good attitude
while waiting."*

-Author unknown

Don't we all wish we had just a little more patience? And isn't it something we want very much to teach our kids? If only it was as easy as ABCs or memorizing a set of specific steps. It's so much more complicated, and yet, such an important skill to learn.

We worry about this in today's "instant" world, where every answer is a quick google away and Amazon delivers in 2 days, not 6 weeks. No time to cook? There's a choice of quick food delivery services.

Patience is associated with better emotional regulation and life satisfaction. We can help our kids develop these skills by learning to take turns, manage frustrations, and learn to attend to something positive while waiting.

Play games that involve turn taking. Acknowledge frustrations during the

game, and offer praise when your child shows patience. Teach simple ways of passing the time while standing in line - play I Spy or Rock, Paper, Scissors. Mark off days on the calendar to lead

up to a birthday or vacation. Set a timer to show how long till snack time.

Most importantly, model the patience you'd like to teach! Kids learn from

what they see and experience from those they love.

Nancy Randall, PsyD
East Lyme Psychological Associates

Care & Share

We enter this winter season very concerned but determined. From January 2023 to September 2023, we helped 68 new families with food assistance (first time families to Care & Share.) With an average of 256 people being fed every month so far in 2023, we certainly appreciate all the support we've received from our volunteers and supporters.

Another program that has received a large increase in requests for assistance is for emergency help. Rent increases and electric / oil help is top of the list on issues that have brought clients to the point of needing help, many for the first time.

We are determined to continue our work because we have winter coats to give away, birthday kits for our children,



Thanksgiving and Holiday baskets, snack bags, and lots of gifts to deliver in the next few months!



We are not just a food pantry, and we are here to help. If you or someone you know needs help, call 860-739-8502 and leave a message. A responder will call back.

If you did not receive our annual appeal letter sent out by President Patricia Payne, please call 860-739-8502 with your name and address to receive one.

Keep up with our pantry happenings, holiday food drives, and fundraisers on Facebook @careandshareel.
THANK YOU!



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STAFF

Kristen Caramanica	Director
Candy Heikkinen	Program Coordinator
Jennifer Yu	Social Worker
Jane Bowen	Senior Center Associate
Roxanne Kormos	Driver
John Hallissey	Driver
Kelly Fecteau	Driver
Lee Edwards	Driver

Check out our monthly newsletter,

The Courier, for a full list of activities, programs and services.

It is available at 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 monthly, contact the Senior Center and provide us with your name and email address.

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 is available Monday through Friday. An annual Appeal Letter is mailed to all those registered for this service. Call the Senior Center for more information. Donations are gratefully accepted in the Senior Center Office.

Medical Transit / Southern New London County

The Senior Center offers transportation for medical appointments that are located within southern New London County. Call the Senior Center for more information.

SENIOR LUNCHES

Senior Nutrition Program

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

Meals on Wheels

The Senior Center and TVCCA provide Meals on Wheels Monday through Friday to East Lyme adults aged 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. Contact the Senior Center Office for the schedule. Class fee is \$20 for AARP members and \$25 for non-members. 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.

SENIOR CENTER TRIPS

The Senior Center offers a diverse selection of trips. Open to any person 55+. Detailed flyers are available. Below are the trips currently being promoted:

DAY TRIPS

Tue, Oct 24th

Cranberry Bog Tour, Wareham, MA A.D.



Makepeace Company is the world's largest cranberry grower! We will learn about harvesting and there might even be a chance to learn the "bog side". Lunch at Mezza Luna in Buzzards Bay to enjoy an Italian style buffet. Moderate walking. Trip fee is \$137pp. Registration has begun.

Sat, Nov 4th

A Taste of Italian, NYC We'll spend the day exploring all things Italian - Zabar's Upper West Side Gourmet Market and Arthur Avenue in the Bronx. Be sure to bring a cooler for all the yummy treats you will want to bring home. A delicious lunch will be served family style at Carmine's Upper West Side. Moderate walking. Trip fee is 147pp. Registration has begun.

Thu, Nov 16th

Newport Playhouse - Miracle On South Division Street, Newport RI Start your holiday celebrations with an enjoyable afternoon at the Newport Playhouse enjoying their Christmas spin on the Miracle on South Division Street. Always a good time, a good meal and a great way to take the stress out of the holiday season. Lunch is included. The trip fee is \$115pp. Minimal walking. Registration has begun.

Sat, Dec 2nd



Radio City Christmas Spectacular, NYC - Multi

Generational Trip A favorite Holiday Tradition the Radio City Christmas Spectacular starring the Rockettes. Get in the holiday spirit spending the day in New York City. Lots of walking. Trip fee \$238pp, non-refundable. You needed to book and register by October 2nd. (Check for any possible cancellations.)

Thu, Dec 14th



Stocking Stuffer Holiday Daytrip, Yankee Candle

Everyone will receive a Christmas Stocking at the start of the day to fill during the course of this fun filled shopping day. We will begin at Williamsburg Country Store. Followed by lunch at Whately Inn and shopping Randall's Farms. The trip is all about Yankee Candle with over 200 new and classic fragrances & candle accessories. Buffet lunch is included. Moderate walking. Trip fee is \$140pp. Register now.

OVERNIGHT TRIPS / CRUISES

Collette Tours Presents:

Tropical Costa Rica, March 21st - March 29th, 2024

Mackinac Island, June 14th - June 22nd, 2024

Trip Presentation, Thu, Nov 9th, 1:00 pm

Iceland Magical Northern Lights, November 5th - November 11th, 2024

Croatia & It's Islands, April 22, 2025 - May 3rd, 2025

Trip Presentation, Fri, Dec 8th, 10:30 am

****Registration due by Mar 2024****

Contacted the Senior Center for trip flyers.

SENIOR PROGRAMS

Registration is required for all programs. Contact the Senior Center. Online registration is now available for all Senior Center programs.

Go to: www.schedulesplus.com/eastlyme

FITNESS CLASSES

Call for class fee & schedule. New session began in July. Space available or wait list only.

AGELESS FITNESS: Mon & Wed 10:00 am

STRENGTH TRAINING: Mon & Wed 11:30 am

SENIOR YOGA: Tue & Thu 9:00 am

PICKLEBALL

INTERMEDIATE PLAY: Tue at 7:00 pm
Recreational play. Register on Team Reach.
No drop-in play. \$3pp each time.

TAI CHI: Temporarily on hold.

CHAIR YOGA: Mon at 10:45 am
Wed at 1:00 pm
Fri at 10:00 am

FIT DANCE GOLD: Tue only 3:00 pm

PING PONG: Wed 10:15 am
Will teach. No fee.

HIKING: Fri
Must register for the session and then register weekly for the next upcoming hike.
List of hikes available at the Senior Center office.



Thank You!

**I WANT TO THANK
MY CLIENTS FOR THEIR
TRUST AND REFERRALS
WHICH MADE MY 2023
EXTRA SPECIAL!**

I wish everyone a Safe and Healthy
Holiday Season. I appreciate and look
forward to your referrals in the future.

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continued on page 24

Senior Center... continued from page 23

- PICKLEBALL LESSONS:** Lessons have resumed.
Call the Senior Center for available dates. Will resume in January
Fri 9:45 am. 4-week session of lessons for Beginners. \$70pp.
Fri 11:00 am. 4-week session of lessons for Adv. Beginners / Intermediate. \$70pp.
- PICKLEBALL OPEN PLAY:** **Fri 12:15 pm**
Beginners and advanced beginners. \$3 each time. Must register per session. No instruction.
- PICKLEBALL:** **Sat session I 9:45 am**
Drills and play for intermediate to advanced players. Must register. \$5pp.
Session II from 12:30 pm - Open play. Register on Team Reach. \$3pp each time.



ARTS & CRAFTS CLASSES

- PAINTING W / FRIENDS:** **Tue at 9:30 am**
No instructions - only camaraderie! No fee.
- STITCH HAPPENS:** **Wed at 9:30 am**
Knitting, crocheting, sewing together. No instruction and no fee.
- DRAWING CLASS:** **Thu 10:00 am**
No fee. Instructor led class. Minimal supplies needed.
- QUILTING:** **3rd Fri and the 4th Tue of every month 5:00 pm.** Fee is \$2.00.
1st Mon of every month from 1:00 pm.
No fee. Intermediate to Advanced level.



GAMES / CARDS

- BUNCO:** **Mon 9:30 am**
Will teach. \$2 fee.
- HAND & FOOT:** **Mon 12:30 pm**
Will teach. No fee.
- SCRABBLE:** **Tue 9:30 am**
No fee. Will teach.
- MAH JONGG:** **Tue 12:15 pm**
No fee. Must know the game.
- BRIDGE:** **Shoot Out played Tue 1:00 pm**
Fee \$5.00pp. Must know the game / have a partner. Must register.
- BRIDGE:** **Duplicate Bridge played Thu 1:00 pm**
Fee \$1.00pp. Must know the game / have a partner. Must register.
- PITCH / SETBACK:** **At Crescent Point**
Must register with the Senior Center.
- BINGO:** **Fri 1:00 pm**
\$1.00 for the 1st card - .25¢ for every additional card up to 9 cards. Drop in acceptable.



EDUCATION / ENRICHMENT

- JAM SESSION:** **Every Mon 2:00 pm**
No formal instruction just playing with your fellow guitar enthusiasts.
- DRUMMING WITH DOUG:** **First Tuesday of the month 3:00 pm**
- UKULELE LESSONS:** **Mon 11:00 am - Level 2**
Call for class fee & schedule.



continued on page 26

CARBON MONOXIDE (CO) POISONING CAN BE PREVENTED!



Can't hear it...

Can't smell it...

Can't see it...

Can't taste it...

Carbon monoxide (CO) is a colorless, odorless, and tasteless gas that is slightly lighter than air. It is toxic to humans and animals when inhaled in high concentrations. Common sources of carbon monoxide include vehicle exhaust, malfunctioning furnaces, gas stoves, charcoal grills, fireplaces, and tobacco smoke.

How to Recognize CO Poisoning:

- **Headache** - One of the first signs of CO poisoning is a throbbing headache. The headache may come and go or be constant.
- **Dizziness** - Feeling lightheaded or dizzy is a common symptom. The dizziness may be accompanied by loss of balance or vertigo.
- **Nausea and vomiting** - Many people experience nausea and vomiting when exposed to high levels of CO.
- **Fatigue and weakness** - Exposure can cause sudden fatigue or muscle weakness that improves if you go outside or open a window.
- **Shortness of breath** - CO binds to hemoglobin in the blood, reducing oxygen delivery in the body and potentially leading to breathing difficulties.
- **Confusion and impaired thinking** - High CO levels can impair cognitive function, resulting in confusion, disorientation, hallucinations, and trouble concentrating.
- **Loss of consciousness** - At very high concentrations, CO poisoning can cause fainting or loss of consciousness.
- **Cherry red skin** - In severe cases, the skin may take on a cherry red coloring. This is a late and serious symptom.
- **Vision problems** - Blurred or double vision, reduced visual acuity, and vision loss are possible with CO toxicity.

Pay attention if multiple people in the same enclosed area develop these symptoms at the same time. The symptoms often improve when you move to fresh air. Seek immediate medical attention if you suspect CO poisoning.

Tips to help prevent carbon monoxide (CO) poisoning

- Install CO alarms on every level of the home and near sleeping areas. Check batteries monthly and replace alarms every 5-7 years.
- Have furnaces, water heaters, space heaters, fireplaces, wood stoves, and chimneys professionally inspected and serviced annually. Check that vents and chimneys are not blocked.
- Never use gas ovens or stoves for heating your home.
- Never run a gasoline or propane engine indoors or in an attached garage, even if the garage door is open. This includes vehicles, lawn mowers, generators, etc.
- Outdoor vents for clothes dryers, furnaces, and water heaters should be kept clear of snow, leaves, or other debris.
- Avoid using unvented space heaters indoors. If using vented heaters, keep a window slightly open.
- Make sure fireplaces are properly vented and chimneys are clear of debris. Open the flue during use.
- Do not idle your car inside the garage, even with the garage door open.
- Install window and attic ventilation fans to avoid buildup of combustion gases.
- Have your gas appliances routinely inspected and serviced by a certified technician.
- Taking preventative measures can help keep your family safe from the dangers of carbon monoxide poisoning.



Senior Center... continued from page 24

GUITAR LESSONS:	Mon 12:00 pm - Level 2 Call for class fee & schedule.
UKULELE / GUITAR all levels:	Mon at 1:00 pm Call for class fee & schedule.
WRITING CLASS:	Thu 2:00 pm
TECH TIME:	Wed 2:30 pm



HEALTH PROGRAMS / BENEFITS INFORMATION

MANICURES:	2nd & 4th Tue starting 8:15 am \$5 fee.
MASSAGE THERAPY:	2nd & 4th Wed 1:00 pm & 3rd Thu at 9:00 am \$33 fee for 25 minutes and \$66 fee for 55 minutes. Registration at the Senior Center Office with payment. 48 hours cancelation policy.
HAIRCUTS:	4th Thu starting at 9:30 am, \$15 fee. Registration at the Senior Center office with payment.
REFLEXOLOGY:	1st Thu starting at 9:00 am, \$22 fee. Registration at the Senior Center office with payment.
VNASC NURSE MANAGED FOOT CLINIC:	2nd Wed 12:15 pm \$10 fee. Routine foot care. No diabetics please. Appointments are required. Registration at the Senior Center Office with payment.
HEARING CLINIC:	Quarterly appointments on the 1st Thu 10:00 am Registration at the Senior Center Office.
BLOOD PRESSURE CHECK:	Every Friday starting at 12:30 pm. Walk in – no need to register. Check with Senior Center office for the schedule.

MONTHLY PROGRAMS

GRIEF SUPPORT GROUP:	First Tuesday of the Month, 10:30 am, Brian Dagle Foundation - Brian's Healing Hearts
GRANDPARENTS SUPPORT GROUP:	First Wednesday of the month, 10:00 am "THOUGHTFUL TUESDAY" Mindfulness Coaching, Second Tues of each month, 10:15 am. \$10pp each month.
STROKE SUPPORT GROUP:	Third Wednesday of the month at 1:30 pm.
PARKINSON'S DISEASE:	First and Third Wednesday of the month at 3:00 pm Living with INTENT! ***New Class*** Group class combining exercises for speech, memory, movement and music for people living with Parkinson's disease

EVERY MONTH WE HAVE

- Theme Meals & Musical Entertainment
- Special Events



East Lyme Historical Society

Seasonal Happenings at the Historical Society

The Thomas Lee House may be closed for the season, but we offer private tours until the weather decides it's too cold or snowy. Contact Rod McCauley at: rod mccauley63@gmail.com to arrange a tour.

It may be fall in New England but there's always time to be a volunteer. EL Historical Society volunteers meet on Monday mornings in the East Lyme Room at the EL Public Library from 9:00 am to 12:00 pm. In collaboration with the EL Library we have formed the East Lyme History Collection & Archives to help preserve the history of East Lyme through research, programs / events, exhibits and more. Feel free to stop in for a visit and see what we have and what we are doing to preserve our town's history.



The Thomas Lee House.

UP-COMING EVENTS

Fall Pot-Luck Dinner at the Niantic Bay Yacht Club

Friday October 20th

starting at 6:00 pm

Special Guest: Mary Podskoch, author of "Connecticut Civilian Conservation Corps Camps: History, Memories, & Legacy of

the CCC" will present a program honoring the 90th anniversary of the CCC.

The Winter Lecture Series will be starting in January 2024.

More information is coming soon.

Contact information: email: info@eastlymehistoricalsociety.org

Website and Facebook: East Lyme Historical Society



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 Burrigge as our community's Veterans Representative.

The East Lyme Veterans Coffeehouse is held every 2nd Wednesday of the month at VFW Post 5849, 39 Columbus Avenue, Niantic from 6:00 pm to 8:00 pm and 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.

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




**WISHING YOU
A JOYOUS HOLIDAY SEASON
AND A HAPPY NEW YEAR**



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Government, Education & Community on Cable TV / Internet

COMMUNITY ACCESS TV

GOVERNMENT / EDUCATION CHANNELS

Government/Education channels show live meetings, recorded meetings and public service announcement slides. The Government / Education channels originating from municipalities in the Breezeline cable TV franchise region may be seen on the following channels.

MUNICIPALITY	BREEZELINE CHANNEL	FRONTIER CHANNEL	COMCAST CHANNEL
East Lyme	191 or 2003	6112	97
Griswold	192 or 2004	6118	
Killingly	193 or 2005	6116	
Montville	194	6115	97
New London	195	6114	97
Waterford	199 or 2010	6113	97

is to provide community groups, activists, artists, non-profits or any resident within our local area with the resources to create and deliver programming that promotes the diverse views, ideas and information of interest to cable TV subscribers.

The Community Access studio is located at 61 Myrock Avenue in Waterford. Call 860-440-3154 for information or visit sec-tv.org. There is no cost to use the community access television facility to create or cablecast your program. Free training is provided. Programs can be pre-recorded, edited or live (interactive) call-in shows.

Community Access (Public Access) programs can be seen on Breezeline, Frontier and Comcast (East Lyme, Montville, New London & Waterford.)

COMMUNITY ACCESS TV (PUBLIC ACCESS TV)

Share your passion with others! You can be the star of your own cable TV program or volunteer to help others create their own cable TV program. The purpose of community access television

PUBLIC ACCESS	BREEZELINE CHANNEL	FRONTIER CHANNEL	COMCAST CHANNEL
Community Access	24 or 2000	6041	12
Community Access	25 or 2001	6042	14



East Lyme Public Trust Foundation Offering Plaques & the Final Tree

As people look ahead to the gift giving season,

be sure to commemorate important events or beloved people by ordering a plaque offered by the East Lyme Public Trust Foundation. Think ahead to the gifts you would like to make. Order now to join the over 2,000 people who have sponsored a plaque on the Niantic Boardwalk.

There are stories behind every engraved plaque on the Boardwalk. The engravings celebrate weddings, anniversaries, births, death, graduations and cherished summer visits.

For a \$100 tax-deductible contribution, become part of this permanent history by sponsoring a plaque with your own personal message. Don't miss this opportunity to tell your unique story

In addition, The East Lyme Public Trust Foundation is finish up its program - **The**



Promise of Tomorrow's Trees. We would like to finish a row of Maple trees at Bridebrook Park around the softball field. 5 Sugar Maples have been planted, with room for 5 more. This is the last chance to participate in this program, which has planted, since its inception, 53 trees throughout the town.

A contribution of \$600 for a tree will cover the cost of the tree, the planting, an 8"x4" plaque, a base, and a water bag to assist in the stabilization of the tree. Planting will take place the spring of 2024. Since the East Lyme Public Trust Foundation is a non-profit 401c, contributions are tax deductible.

Ordering Plaques and Trees is easy

Go to our website: <https://publictrustfoundation.org/>. At the top of the page, click on Donations/Applications: <https://publictrustfoundation.org/donations/>. The applications for both items can be found there. All funds raised by the sponsorship of Plaques, Trees are used to

contribute to the maintenance of the Boardwalk and to other Foundation projects.

Finally, we would like to thank Niantic Main Street, our partner in the project Buoys on the Bay, and all of the participants. Be sure to view the many decorated

buoys at the Main Street Park during the holiday season. We hope that this fundraiser will become a new holiday tradition.

Be sure to follow us on Facebook; we are increasing our followers every month. Explore our website to learn more about our History and Projects.

Pollinator Pathway



Pollinator Pathway East Lyme, Inc. is in its third year creating pollinator habitats on public and private land for healthy and sustainable ecosystems.

Our ongoing projects include the Community Center Gardens, the Senior Center Garden, our pollinator meadows at the Samuel Smith Farmstead, our 2 acre pollinator meadow at 4 Church Lane, our roadside native plant test site at the roundabout in the Industrial Parkway, the sustainable native plant garden at the Public Works Building, the Betty Murphy Memorial Garden at the Public Safety Complex and our latest meadow installation that we partnered with DEEP is located at York Correctional. All these projects increase the pollinator pathway throughout town. Our

native insects, who we rely upon for 1 in every 3 bites of food, do not travel far so their needs for habitat, food and reproduction must be readily available.

Over 80 residents in East Lyme, Waterford and Salem have taken our Pledge to use native plants and forego pesticides and lawn chemicals. **Please check our new website for resources and the pledge:** www.pollinatorpathwayeastlyme.org. All Pledge members receive a card that entitles them to 10% off all native plants at Smith's Acres in Niantic. Our team members are available for a Home Assessment to help you create pollinator-friendly habitats in your yard.

For on-going information please join our educational facebook page: Pollinator Pathway East Lyme and email us at: pollinatorpathwayel@gmail.com. We are always in need of volunteers.



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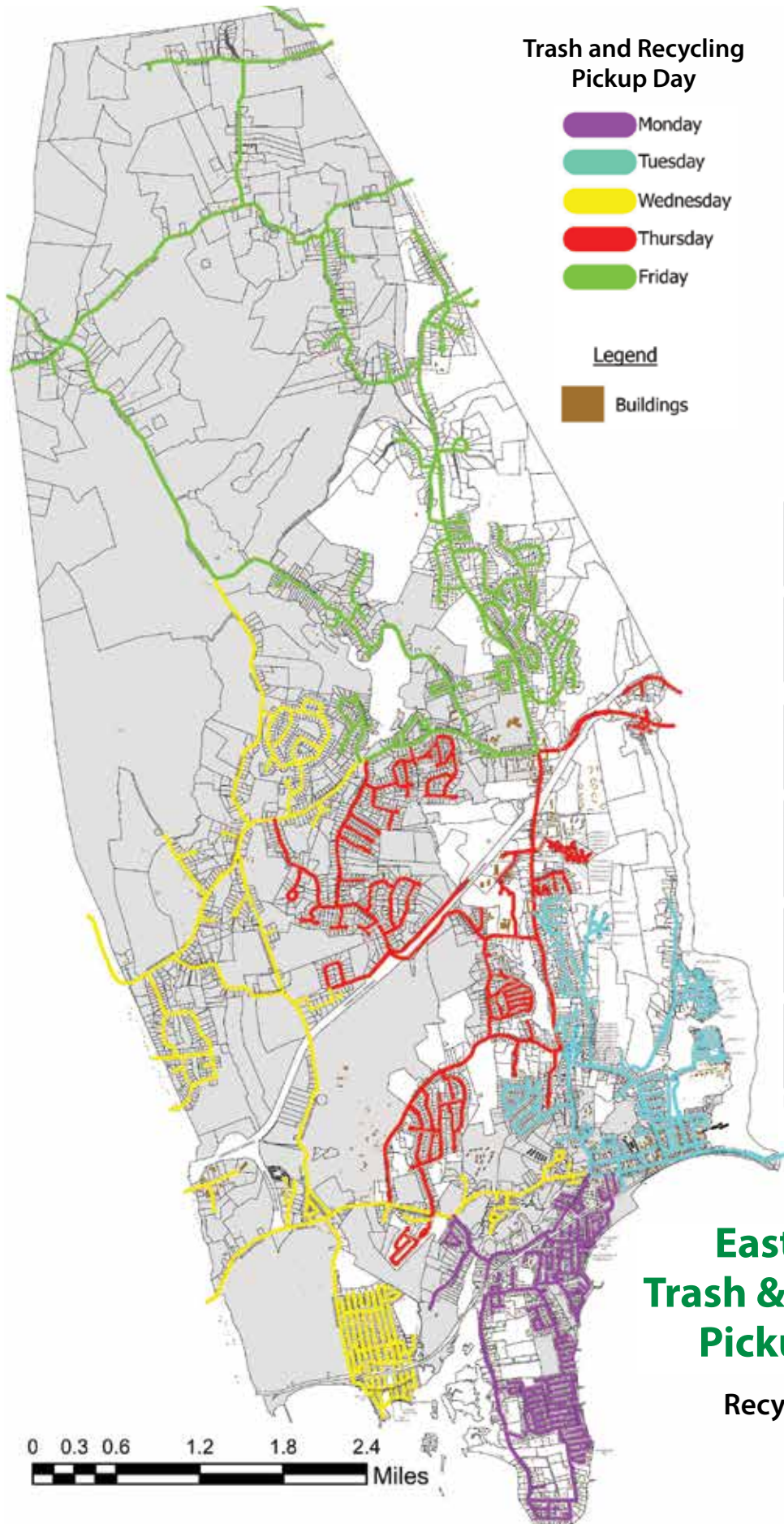
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How to Determine Your Recycling Pickup Day

1. Locate your street on the map
2. The color of your street corresponds to the day of the week for your trash and recycling pickup (see 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 of 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

JANUARY 2023						
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SEPTEMBER						
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NOVEMBER						
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DECEMBER						
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22	23	24	25	26	27	28
29	30	31				

(No collection)

East Lyme
Trash and Recycling
Pickup Calendar

East Lyme Trash & Recycling Pickup Map



Recycling Schedule 2023

Ballestrini's Early Learning Centers

All programs follow a curriculum inline with CT education standards for early childhood education



Infant Education:

6 weeks - 15 Months



Toddler Education:

16 Months - 3 years



Preschool Education:

3 years - 5 years



School-age Programs:

Busing available from public schools. before and after care, school vacation, holidays

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