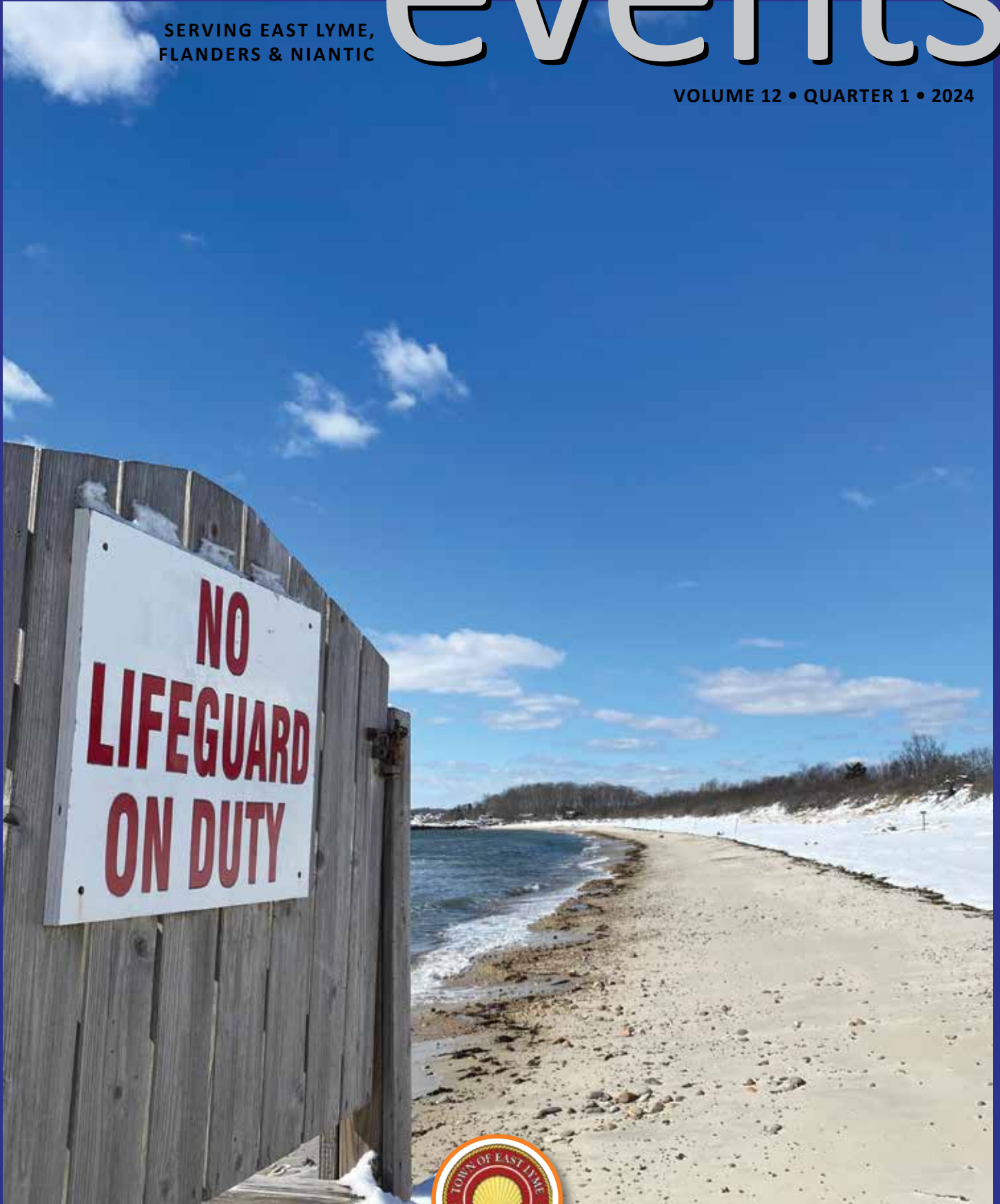


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First Selectman's Corner

Hello all. I hope you had a great holiday season! Thank you for so many kind expressions of welcome and good luck as I step into the office of First Selectman. It is of course a great honor and challenge, to which I am looking forward.

The 35th annual Light Parade on December 9th was the best attended in the event's history. Mild weather contributed to a joyful and robust turnout. Main Street looked terrific with bright lights and decorated store fronts. There were plenty of choices for those in search of a great meal from one end of Main Street to the other! The floats were amazing as always. There seems to be no end to the creative and festive spirit in East Lyme. This year's new attraction, "Buoys by the Bay," at the Niantic Main Street Park was a big hit. Thank you to the East Lyme Public Trust for organizing this event.

SEAWALL REPAIR AT MCCOOK'S PARK

The seawall at the end of the McCook's Park parking lot, to the right when you enter the park, collapsed onto the beach last month. Two powerful storms snuck through Fishers Island Sound to attack our beach and wash out the wall. Quick action by the Department of Public Works secured the area with the completion of a substantial temporary seawall. Large interlocking cement blocks (Legos for Adults) were arranged and situated in such a

way that wave action will not be able to get beneath the wall to undermine the repair. This wall should protect the parking lot from further damage and erosion while funding is arranged, and plans are completed for a permanent repair.

ROUTE 161 / EXIT 74

Construction on the Route 161 / Exit 74 project continues to move forward. Mild weather has allowed for good progress so far this winter. There were initially some timing issues with the new traffic light at the recently opened northbound exit ramp. The project engineers were quick to respond to adjust the timing and ease traffic flow. We will see a lot of activity on this project as we move toward spring.



Dan Cunningham
First Selectman

I am always interested in your suggestions and concerns. Please feel free to contact me at the First Selectman's office. I can be reached at: 860-691-4110 or send me an email at: dcunningham@eltownhall.com.

Dan Cunningham,
First Selectman

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*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. See for yourself just what makes this community such a great place to visit, play and live!

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

A new year is a time to reflect on things we've accomplished and things we hope to do.

WE'VE HAD SOME MAJOR ACCOMPLISHMENTS IN 2023 INCLUDING:

- Completion of the Darrow Pond Master Plan that calls for recreational, educational and conservation enhancements at the property.
- Installation of accessible surfacing at playgrounds that allows for increased use and safety.
- Improvements to the Hole in the Wall restrooms making them available year-round.
- Offered community and cultural events that contributed to the quality of life in the community – concerts, parades, and special events!

OF COURSE, 2024 WILL BRING US CHALLENGES BUT WE HOPE TO:

- Complete the new pickleball courts at Peretz Park at Bridebrook (Spring 2024)!
- Obtain funding for to upgrade Peretz Park restrooms, lights and fields to continue serving thousands of youth and families.
- Embark on Phase 1 at Darrow Pond to construct trails, a disc golf course and educational features.
- Develop a plan to increase our coastal resilience in the face of damaging storms affecting our beaches.
- Take steps to ensure that our programs services and facilities are accessible to all members of the community.

Parks and Recreation touches everyone in the community, so in the coming months, I hope to see you at one of the many community events, programs, beaches, playing fields or in the Community Center.

Yours in health and community, Jerry Lokken, Director

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Jeffrey R. Newton
ELPS Superintendent

Superintendent's Note

Meet our new Athletic Director: Mr. Kevin Marcoux

This past summer, East Lyme Public Schools hired a new Athletic Director, Mr. Kevin Marcoux, to oversee high school and middle school sports. Mr. Marcoux comes to us from Killingly Public Schools, where he served as the Athletic Director for the last five years.

Since joining our district team, he is engaging East Lyme High School in becoming a more student-based athletic department. His passion for student excellence and oversight of coaches helped support this past fall sports season in being one of the best East Lyme has ever seen. His consistent focus and vision revolve around providing the best possible experience for both athletes and spectators. Mr. Marcoux has already become fully acquainted with our student athletes, and you can find him fully immersed and attending games and contests supporting players and coaches on the sidelines.

At the start of the school year, Mr. Marcoux formed the first ever ELHS Class Act Leadership Council, or CALC.

Comprised of junior and senior athletes, the council meets once every two weeks to talk about East Lyme athletics. He has many exciting ideas and is committed to hearing what students want to share for improvements across the athletic department. Mr. Marcoux has the highest level of expectation for our students and is focused on ensuring student athletes represent themselves at the highest caliber both in school, at sporting events, and within the community.

Mr. Marcoux has also established connections between current, future, and past athletes at ELHS. This fall, he coordinated a football game half-time visit from the 2003 state championship team. This opportunity helped form connections between current and former players, while also



Kevin Marcoux
Athletic Director



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highlighting a past memorable East Lyme championship team. In addition to his work with students and coaches, he is already raising funds to support program improvements, which includes the replacement of the high school baseball field scoreboard in the early spring.



Mr. Marcoux has established a large social media presence to help highlight the amazing athletic programs here in East Lyme. Feel free to join his @elpsathletics page on Instagram where he regularly posts pictures of athletic events, while promoting games and highlights over the course of the different sports seasons.

East Lyme Public Schools provides an outstanding overall experience for every student, and Kevin Marcoux is raising that bar with the excellence he is bringing to our sports programs at both the high school and middle school.

Jeff Newton,
Superintendent of Schools

Passports

East Lyme Parks & Recreation Department is an Acceptance Facility for Passports.

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Community Board / Special Events - Spring 2024

NIANTIC BAY BOARDWALK 5K

Saturday, April 20th

The Niantic Bay Boardwalk 5K invites you to run or walk down the Niantic Bay Boardwalk. This spectacular promenade in East Lyme, CT, boasts stunning views of Long Island Sound, lapping waves, and the whoosh of trains passing on nearby tracks.

5K Runners and walkers will enjoy a mostly flat course from Niantic's McCook Point Park through the charming Village of Niantic, along Main Street and the Boardwalk, to a sparkling finish at Hole-in-the-Wall Beach. Post-race festivities and awards follow at the tent in McCook Point Park. Bring your family and friends. Visit: <http://nianticboardwalk5k.com/> for additional information and to register this event!



EAST LYME GIVING GARDEN SEMINARS

Join us as we partner with the EL Giving Garden to host seminars all winter long at the East Lyme Community Center! These highly informational seminars will educate you on many facets of growing a healthy garden and the benefits of eating your harvest! Please check the Giving Gardens website for the schedule and more information at: www.eastlymegiving-garden.org.

CT DEEP SAFE BOATING COURSES

Recreational boaters using Connecticut's waterways are required to have either a Safe Boating Certificate (SBC) or a Certificate of Personal Watercraft Operation (CPWO) to operate a boat in Connecticut. A Safe Boating Certificate permits an individual to operate any recreational vessel, except for a personal watercraft, on Connecticut's waters. A Certificate of Personal Watercraft Operation allows an individual to operate any recreational vessel, including a personal watercraft, such as a "Jet Ski." When operating a vessel, you must have your certificate on board at all times.

The Parks and Recreation Department will be hosting combination classes in May for participants to receive both their SBC and CPWO with successful completion.

Session I: (Tuesday & Thursday) 3/12, 3/14, 3/19, 3/21

Session II: (Tuesday & Thursday) 4/9, 4/11, 4/16, 4/18

Session III: (Monday & Wednesday) 4/29, 5/1, 5/6, 5/8

Fee: \$25.00

Please contact Mike McDowell at: mmcdowell@eltownhall.com or 860-739-5828 with questions regarding the courses.

DANCE WITHOUT LIMITS

We continue to partner with Groton Parks and Recreation

to host a monthly dance for adults with disabilities. The cost to enter is \$5 per person, and includes pizza, cookies and water.

The dances take place from 6:00 - 8:00 pm on the dates indicated below.

East Lyme Dances held at:

41 Society Road, Niantic CT 06357

Groton Dances held at:

102 Newtown Road, Groton CT 06340

The remaining schedule for this season is:

February 16th - Valentines Theme- Groton

March 15th - St. Patricks Day Theme- East Lyme

April 19th Hollywood Theme - Groton

May 17th Spring Fling Theme - East Lyme

June 21st Hawaiian Luau Theme - Groton



BIKING VIKINGS MOUNTAIN BIKE CLUB

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

Ages: 11 and older, parents encouraged to participate!

Day: Thursdays

Location: Rocky Neck:

Trailhead near Divine Wine Emporium

Time: 5:00 - 6:30 pm

Meeting Dates: Thursdays beginning April 11th, weather permitting

Fee: FREE (registration required)

INTRO TO PICKLEBALL CLINICS

Looking to join the fun of the pickleball craze? Our four-week intro clinic will teach you basics of the game, including serving, dinking, volleying, and scoring, in a welcoming friendly environment. These clinics are instructed by Engage Pickleball sponsored player Mike McDowell.

Day: Fridays

Location: East Lyme Community Center: Activity Room

Time:

4:30 - 5:45 pm - **Session 1**

6:00 - 7:15 pm - **Session 2**

Meeting Dates: March 1, 8, 22, 29 (Skip March 15th)

Fee: \$50 Residents / \$75 Non-residents



FEBRUARY AND MARCH PICKLEBALL

Tuesday evenings from 8:00 - 10:00 pm.

This 8-week session takes place at Lyme Shores Racquet Club. Participants will take part in open play format pickleball and receive instruction as needed / requested. Elevate your skills while playing with friends and family! This program fills up fast, so do not wait!

Day: Tuesdays

Location: Lyme Shores Racquet Club

Time: 8:00 - 10:00 pm

Meeting Dates:

February 6,13,20,27

March 5,12,19,26

Fee: \$60 residents /
\$75 non-residents



SAVE THESE DATES FOR SPRING & SUMMER EVENTS!

May 25th: Niantic Main Street Vintage Market

May 27th: Memorial Day Parade

June 7th: Niantic Bay 10k

June 8th: Connecticut Trails Day

June 13th: Niantic Farmers Market begins
(Thursdays from 3:00 - 6:00 pm on Methodist Street)

June 18th: EL Public Library weekly family/kids
entertainment series begins in the Bandshell

June 21st: Friday Concerts in the bandshell begin
(7:00 - 9:00 pm)

June 26th: Wednesday Concerts on McCook's beach begin
(6:00 - 8:00 pm)

July 6th and 7th: Niantic Outdoor Arts and Crafts show
hosted by the Niantic Lions Club

July 20th: Celebrate East Lyme

August 30th: Back to School Family Campout

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

Park Foreman: Robert Swan
rswan@eltownhall.com

Maintenance Support: Michael Rak, Steven Gerovitz,
Cameron McCollum

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
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East Lyme Business Organization

Contact Lynnea Mahlke: 860-691-1611

Athletic Organizations

EAST LYME BABE RUTH LEAGUE

Steve Licitra: 860-460-4018 | eastlymebaseball@yahoo.com
www.eastlymehaberuth.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 Stoddard: 203-848-5378 | elsact.president@gmail.com
www.eastlymesoccer.org

EAST LYME YOUTH FOOTBALL

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

Parks & Recreation Commission Members

Chairman: Robert Tukey, Benjamin Armstrong, Thomas Beebe, Jackie Curry, Patrick Larkin, Sue Kumro, Todd Donovan, *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

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Parks & Recreation ... continued from page 9

EAST LYME YOUTH CHEERLEADING

Tammy Bogue: 860-303-1741

EAST LYME YOUTH BASKETBALL

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EAST LYME VETERANS COUNCIL

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

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

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 re-schedule 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.

Park & Beach Information

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

- Open daily from 8:00 am to sunset
- Pets are permitted on beaches from the Tuesday after Labor Day until the Friday before Memorial Day ONLY**;
must be 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 25 – Sept 9, 2024**

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.

BEACH PASSES 2024

Passes will go on sale Tuesday, April 9, 2024.

PRICING FOR 2024 BEACH PASSES WILL BE POSTED ON OUR WEBSITE BY FEBRUARY 29, 2024.

To obtain a season permit, ALL applicants must present their valid car registration at time of purchase. If you are new to town, please bring your tax bill, lease or proof of residency to expedite the process. To avoid lines, you can mail in a copy of your registration, current phone number, a copy of your latest tax bill (only if vehicle is not registered to an East Lyme / Niantic address), the fee (checks payable to

continued on page 12



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Evening Appointments Available

Park & Beach Information ... continued from page 11

Town of East Lyme) and a self-addressed envelope, and we will process your request and mail your beach pass to you. Passes are also available for purchase online at: eltownhall.com under Parks & Rec.

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). 2024 Season pricing will be available at the end of February.

PARKS & BEACHES ADDRESSES

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

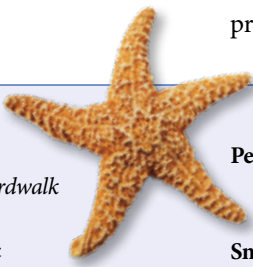
Hole-N-Wall Beach Baptist Lane, Niantic

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

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

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

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





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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

Rise & Shine... this early morning, "Moderate to High Intensity" strength & cardio class rotates and combines many fitness styles such as interval training, Tabata, Classic Aerobics, Barre, and Weighted Low Impact Aerobics to keep the class moving and challenged. Handheld weights, bands and balls will be used for strength training and class will end with a relaxing stretch.

Dates: March 4 to April 26 (No class 3/29)

Days: Monday-Wednesday-Friday

Time: 7:30 - 8:20 am

Fees: Resident \$92.00 / Non-Resident \$107.00

Registration Begins: February 21

Location: EL Community Center


Instructor: Donna Neaton, AFAA

Fit & Fabulous

This "Low Intensity" class rotates and combines many fitness styles such as Classis Aerobics, Interval Training, Weighted Low Impact Aerobics, Zumba®, Barre, Balance Exercises and strength training using handheld weights, bands, and balls. Class ends with a relaxing stretch.

Dates: March 4 to April 26 (No class 3/29)

Days: Monday-Wednesday-Friday




No one knows East Lyme like Mike Foley.


I grew up here and have been in real estate as an agent, property manager, and investor for 30 years.

The market will get busy again this spring. If you're thinking about buying or selling, timing is important. Contact me any time - we'll talk it over.

MY RECENT SALES IN EAST LYME




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Each Office is Independently Owned and Operated. 

Time: 8:30 - 9:20 am

Fees: Resident \$92.00 / Non-Resident \$107.00

Registration Begins: February 21

Location: EL Community Center

Instructors: Donna Neaton, AF&AA



Monday Morning Yoga

This class uses a combination of movement, posture, 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: April 22 to July 1 (no class 5/27)

Days: Monday

Time: 9:35 - 10:35 am

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

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 Cardio to keep the class moving & challenged. Handheld & leg weights, bands, balls, and tubing are utilized in class for the strength / core portion. Class ends with stretching.

Dates: February 26 to April 3 - Session 1

April 8 to May 15 - Session 2

Days: Monday and Wednesday

Time: 4:30 - 5:20 pm

Fee: Resident \$60.00 / Non-resident \$75.00 (per session)

Location: EL Community Center

Instructor: Gina Morris, AF&AA

Monday Evening Coed Yoga

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

Dates: April 15 to July 1

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 "Low Intensity" class rotates and combines many fitness styles such as Classis Aerobics, Interval Training, Weighted Low Impact Aerobics, Zumba®, Barre, Balance Exercises and strength training using handheld weights, bands, and balls. Class ends with a relaxing stretch.

continued on page 14

Daily Lunch & Dinner Specials

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Adult Programs... continued from page 13

Dates: March 5 to May 28 (No class 3/26)

Days: Tuesday

Time: 4:30 - 5:20 pm

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

Registration Begins: February 21

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: March 5 to April 16 - Session 1

April 30 to June 11 - Session 2

Days: Tuesday

Time: 5:30 - 6:30 pm

Fee: Resident \$55.00 / Non-Resident \$70.00
(per session)

Location: EL Community Center

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



Wednesday Night Coed Yoga and Meditation

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

Dates: April 3 to June 19

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. Please bring your own stability ball and mat.

Dates: March 7 to May 30 (No class 3/28)

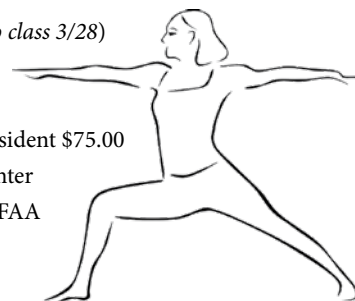
Days: Thursday

Time: 4:30 - 5:20 pm

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

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 high-energy workout of fun, easy to follow dance moves to Latin and international rhythms is exercise in disguise.

Dates: April 18 to July 11

Day: Thursday

Time: 5:45 - 6:45 pm

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

Location: EL Community Center

Instructor: Theresa Weiss, Licensed Zumba® Instructor

Saturday Morning Zumba® Aerobics

Come and "Join the Party" with this Zumba® class! We will Salsa, Cha-cha, Merengue, Cumbia, Calypso and dance off those calories. The class will end with a relaxing stretch.

Dates: April 20 to July 6

Days: Saturday

Time: 8:30 - 9:30 am

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

Location: EL Community Center

Instructor: Kim Thompson, Certified Zumba® Instructor

Parks & Recreation Summer Camp

REGISTRATION

OPENS

APRIL 3

For Grades Entering 1-8

June 24 – August 9

Fun daily activities planned, crafts, sports & games, and beach days, with added field trip opportunities. Children are grouped according to grades. This program is available for both East Lyme residents and Non-Residents. Programs are held at Lillie B Haynes, East Lyme Middle School and East Lyme Youth Center. Aftercare will also be available again this year.

FEES ARE AS FOLLOWS:

Residents: \$385.00

2nd Child Discount: \$360.00

Non-Resident: \$485.00

Please visit our website for more information that will be posted mid-March: <https://eltownhall.com/government/departments/parks-recreation/>.

Parks & Recreation Preschool / Youth Programs

PRESCHOOL 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.

Registration begins February 6 for Session I

Registration begins March 12 for Session II

Dates: SESSION 1: March 12 to April 2

SESSION 2: April 16 to May 7

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: Lissette Bellody



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. *(Adult participation is encouraged.)*

Registration begins February 6 for Session I

Registration begins March 12 for Session II

Dates: SESSION 1: March 14 to April 4

SESSION 2: April 18 to May 9

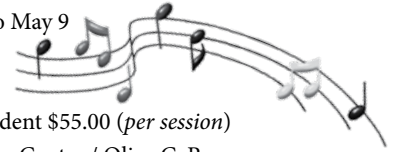
Day: Thursday

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: Lissette Bellody



YOUTH PROGRAMS

Girls Circle

This new program is for high school and middle school girls and youth who identify with female development. This group will increase self-esteem, body image, and social support. Girls Circle is a place where girls can develop connections and feel included, build strong interpersonal skills, strengthen self-care and well-being, even under stress, dissolve barriers to respect, confidence, and empathy, and nurture friendships. Space is limited and more information to come.

Dates: TBD

Time: High school 2:30 - 3:30 pm / Middle school 3:45 - 4:45 pm

Fee: No cost

Location: East Lyme Community Center

Facilitator: Sarah Firmin



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East Lyme Youth Services

SERVING THE COMMUNITIES OF EAST LYME & SALEM

Director: Sarah Firmin • 45 Society Rd, Niantic, CT 06357
860 739 6788 • email: sfirmin@eltownhall.com



"Our mission is to foster the positive development of residents by providing and/or coordinating preventive, remedial, educational, social, and service opportunities for people of all ages."

YOUTH, FAMILY & HUMAN SERVICES COMMISSION

The East Lyme Youth, Family, and Human Services Commission meets on the second Thursday of every month. The meetings are held at the Community Center in the Olive Chendali meeting room 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 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 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. Contact us for more information online at: www.eltownhall.com.

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 information.

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 this assistance based on need and interest. Information on the Foundation including the scholarship applications and ways to donate are available at: elpoolfoundation.org.

Need Financial Assistance to use the Pool or Fitness Center?

For more information and an application, go to

ELPoolFoundation.org

East Lyme and Salem residents are eligible.

The East Lyme Aquatic & Fitness Center Foundation, Inc. is a 501(c)(3) organization with funds donated by generous community residents and businesses. Scholarships are awarded on a need basis which is demonstrated with documentation at the time of application.

To donate, visit the website or text POOLFUND to 53555



The application is short and confidential. Please take advantage of this opportunity. Don't let finances be the deciding factor on getting healthy.

Selection of eligible recipients will be made by the Foundation's Board of Directors. The Foundation is a nonprofit 501 (c) (3) organization that offers financial aid to East Lyme / Niantic and Salem community residents for pool and fitness center activities.

New Year Resolutions

New Year's has come and gone, and typically many resolutions are behind us as well. Giving up on New Year resolutions is common and even expected. But rather than accept that we "failed" already, maybe what we need is a reframe of what we are doing.



Instead of seeing a "failure" to do those daily workouts, maybe what's needed is to modify the plan. What if we decided the original goal was too ambitious, but instead we will increase our daily steps by 20%. When we "fail" at the plan to give up takeout meals, maybe it's a sign we need to modify to a more sustainable goal - limit takeout to once a week, or twice a week. The problem is often the unrealistically high goals, along with the lack of anything concrete to help with motivation.

Do you do best with groups of people? Join an exercise group, form a private Facebook group for accountability, find someone to walk the boardwalk with you. Assign a cooking night for each person at home, and spread out the work. Find an accountability partner (you don't need the same goals), find reasonable, sustainable goals, and celebrate your successes!

Nancy Randall, Psy.D.
East Lyme Psychological Associates



East Lyme Police Cadets Annual Comedy Show - Charity Fundraiser

FRIDAY, APRIL 12, 2024

Adults only, Must be 18+ to attend the show.

Featuring: Lohud Comedy
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CHILDREN'S PROGRAMS

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

STORYTIME FUN

Community Center Activity Room

Read, sing, and dance with Miss Rebecca in this popular program designed for children ages 0-5. We will share books, flannel board stories, puppets, and parachute play.

March 12: St. Patrick's Day Fun

March 26: Visit by author Abi Cushman. Copies of her newest book, *Quiet Forest*, will be available for purchase.

April 23: Celebrate Library Week

**No program April 9*

Wednesdays, 10:30 - 11:00 am

BABY SIGN AND SING

Children's Room



Learn baby sign language with Miss Sarah in this fun interactive story-time. Sing, play, and learn!

**No program April 10*

Thursdays 10:30 - 11:00 am

SING & STOMP

Community Center Activity Room

It's a weekly song and dance party for young children and their grown-ups! Sing & Stomp is a noisy half hour of songs and dances. Dancing is a great way to explore movement, rhythm, and social skills.

**No program April 11*

Tuesdays, 4:00 - 5:00 pm

READ TO HAZEL, A THERAPY DOG!

For Readers Ages 6 and Up

**Preregistration Required. To preregister call the children's room at: 860-739-6926 ext. 2*



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No program February 20, March 19, April 2, 9, 30

TAKE-AND-MAKE CRAFT KITS

New kits are available on the first Friday of each month and are announced on our Facebook page. Kits are available on a first-come, first-served basis.

Saturday, March 9, 3:00 - 3:45 pm, East Lyme Room

BOOK TALK WITH LOCAL MIDDLE SCHOOL AUTHOR NADIA LIRA

Middle School student Nadia Lire will discuss her recently self-published book, *Crystal Quest*. Copies of Nadia's book will be available for purchase.

**Preregistration Required. To preregister call the children's room at: 860-739-6926 ext. 2*

Wednesday, March 20, 3:00 - 4:00 pm, Ages 9 and Up

"WINGS OF FIRE" BOOK PARTY

Calling all fans of Wings of Fire to a book party blazing with games, activities and lots of dragon fun.

**Preregistration Required. To preregister call the children's room at: 860-739-6926 ext. 2*

Monday, April 8, 2:00 - 4:00 pm, For All Ages

THE GREAT NORTH AMERICAN TOTAL SOLAR ECLIPSE

Celebrate the total eclipse with fun indoor and outdoor activities! Free eclipse glasses available while supplies last starting March 18.

Sundays, 2:00 to 2:45 pm, Community Center Activity Room

SUNDAY FAMILY SPECIALS

Winter Sundays heat up with exciting performers!

Enjoy this high-energy, comedic bubble show with lots of audience participation and humor for the whole family.

FOR ALL AGES

1st Saturday of the Month, 12:00 - 2:00 pm

DUNGEONS AND DRAGONS: ADVENTURE CLUB

with Nick Menapace

Looking for adventure? Join us! All ages and skill levels of players welcome!

March 2

April 6



ADULT PROGRAMS

ADULT BOOK DISCUSSIONS:

Novel Book Group

Tuesday, March 12, 7:00 pm, Horse by Geraldine Brooks

Tuesday, April 9, 7:00 pm, Fellowship Point by Alice Elliot Dark

Out-of-This-World Book Discussion Group

Wednesday, April 10, 7:00 pm

The Long Way to a Small, Angry Planet
by Becky Chambers

Silent Book Group

Bring your own book and enjoy the community of fellow readers in a quiet atmosphere. Optional sharing time provided as well.

February 26, 6:00 - 8:00 pm

March 25, 6:00 - 8:00 pm

April 22, 6:00 - 8:00 pm

Mystery Book Group

Thursday, February 29, 11:00 am, The Plot by Jean Hanff Korelitz

Thursday, March 28, 11:00 am, No Strangers Here by Carlene O'Connor

Thursday, April 25, 11:00 am,

The Woman in the Library by Sulari Gentill

Men's Book Discussion Group

Wednesday, February 28, 7:00 pm, Tobacco Road
by Erskine Caldwell

Wednesday, March 27, 7:00 pm, Wingmen by Adam Lazarus

Wednesday, April 24, 7:00 pm,
Killers of the Flower Moon by David Grann

Tuesdays, 6:30 pm, East Lyme Room

TRIVIA NIGHT

Come by yourself or with family or friends and pit yourself against our trivia questions in lots of fun general categories.

February 27

March 26

April 30



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continued on page 20

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Library... continued from page 19

Sunday, February 18, 1:30 pm, East Lyme Room

AUTHOR TALK: Pat Procko and Steven Ostrowski

Local Niantic resident, **Pat (Kelbaugh) Procko** will discuss her novels in the paranormal -set-local *Dreamtime* series. *The Carnelian*, seventh in the series and now a work in progress, will be published soon. Some of you may recognize Pat as a local artist. She's that, too, and has done all the cover art for the *Dreamtime* series.

Steven Ostrowski, a longtime resident of Niantic, is a widely-published writer, painter and songwriter. His novel, *The Highway of Spirit and Bone*, was published in 2023 by Lefora Publications and has been called "...a literary road trip for the ages." Steven's newest book of poems, *Life Field*, will be published in early 2024. *Program registration is required at: www.eastlyme-publiclibrary.org.*

Saturday, March 2, 2:00 pm, East Lyme Room

AMERICAN PIANO AND SOUL LEGEND

GRAYSON HUGH with Polly Messer

Internationally acclaimed singer-songwriter Grayson Hugh and his wife, singer Polly Messer, will perform Hugh's songs from his albums and Oscar-winning films. The artists will be on hand for a "meet-and-greet" after the show where you can purchase Hugh's CDs. *Program registration is required at: www.eastlyme-publiclibrary.org.*



Sunday, March 3, 2:00 pm (Takes place in the Senior Center)

HISTORICAL SOCIETY PRESENTATION "Marquis de LaFayette:

The Son George Washington Always Wanted" by Ted Welsh

Many know that LaFayette contributed to the success of our War of Independence. After the war he made two more trips to the United States and was hailed a hero. 2024 is the 200th Anniversary of his farewell visit.

Ted Welsh will recount the highlights of this tour. Ted taught social studies and has written articles for *The Day* and the *Hartford Courant*. The East Lyme Historical Society has partnered with the East Lyme Public Library to present the 2024 Winter Lecture Series. There is no registration. For more information, please contact Janet Carlson at: jkcarslson19@gmail.com.



Tuesday, March 5, 7:00 pm, East Lyme Room

SALLY RIDE - America's First Woman Astronaut

Sheryl Faye presents her live performance of **Sally Ride, the first American woman in space**. Sheryl currently stars in 11 one-woman historical reenactment shows that tour throughout the country. She been the recipient of many awards for both stage and film and has performed all across the United States. *Program registration is required at: www.eastlymepubliclibrary.org.*

Thursday, March 7, 7:00 pm, East Lyme Room

ADDRESSING THE OVERDOSE EPIDEMIC:

Naloxone Information Session

NLCCARES (New London County Coordinated Access, Resources, Engagement and Support) will discuss their innovative teamwork that addresses substance use disorder in our community through outreach, education, support, advocacy, and referrals to care.

This is a unique team of community health workers from Alliance for Living and Ledge Light Health District that work to reduce stigma, support families of and individuals living with substance use disorder and educate the community on signs of an overdose and how to save a life with naloxone. They will provide training and resources for those that attend. *Program registration is required at: www.eastlymepubliclibrary.org.*

Friday, March 8, 10:00 am, DOT Field Office Suite 215,
339 Flanders Road, Latimer Brook Commons, East Lyme
(Snow Date: Friday, March 15)

EL AGRI-BUSINESS SERIES (#2)

Are you curious about the work on the new 161 Interchange?
The scope of the project is unprecedented in the history of the CT DOT.
During this program, experts will describe the project's environmental and engineering complexities, such as protecting wetlands, waiting for nesting owls to vacate, creating a new bridge, and planting hundreds of native plant species- trees, shrubs, and perennials. Program co-sponsored by the Commission for the Conservation of Natural Resources and Agribusiness, Pollinator Pathway EL.

Wednesday, March 13, 7:00 pm, East Lyme Room

Women's Voices in Music

Barbara Harvey is a local musician who has been playing guitar, singing and loving folk music since the age of 15. Tonight in honor of Women's History Month she'll be playing songs by some of the women who inspired that love: Joan Baez, Judy Collins, Joni Mitchell and others. *Program registration is required at: www.eastlymepubliclibrary.org.*

Tuesday, March 19, 7:00 pm, East Lyme Room

HARVEY SNITKIN CONCERT

Join Harvey Snitkin for his twenty-first century one-man band and orchestra as he uniquely blends live performance and technology. Harvey performs live on soprano, alto and tenor saxophone, clarinet, flute, oboe, English horn and vocals accompanied by his laptop computer, program-

med to provide a wide variety of musical styles. *Program registration is required at: www.eastlymepubliclibrary.org.*

Saturday, March 23, 2:00 pm, East Lyme Room

EL AGRI-BUSINESS SERIES (#3),

Connecticut's Eastern Coyote

This program is co-sponsored by the Commission for the Conservation of Natural Resources and Agribusiness, Pollinator Pathway East Lyme, and EL Agribusiness Committee.



Richard Taylor, Master Wildlife Conservationist with the Connecticut DEEP Wildlife Team, will discuss the coyote's history, diet, and behavior and offer guidance on living with Eastern coyotes.

Saturday, April 6, 3:00 pm, East Lyme Room

EL AGRI-BUSINESS SERIES (#4), Benefits of Local, Sustainably Grown Food

This program is co-sponsored by the Commission for the Conservation of Natural Resources and Agribusiness, Pollinator Pathway East Lyme, and EL Agribusiness Committee. East Lyme native, Rosemary Ostfeld, PhD is an environmental scientist and founder of Healthy PlanEat, an online farmers market will discuss the health and environmental benefits of eating and supporting locally and sustainably grown food.

continued on page 22



Carl Zapatka
D.C.



Tianne A. Pape
D.C., M.S.



Vincent Monaco
D.C.

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Family-friendly hours:

Monday - Thursday

8:00 am to 6:00 pm

Friday

8:00 am to 5:00 pm

Library... continued from page 21

Sunday, April 7, 2:00 pm (*Takes place in the Senior Center*)

HISTORICAL SOCIETY PRESENTATION:

"A Tale of Two Families" with Nicole Thomas

This talk will explore the relationship between Joshua Hempstead and his Lee Family cousins, their interactions and how they appear in his diaries. Nicole Thomas is the Assistant Administrator of Connecticut Landmarks and researcher for the Connecticut Black History Trail.

The East Lyme Historical Society has partnered with the East Lyme Public Library to present the 2024 Winter Lecture Series. There is no registration. For more information, please contact Janet Carlson at: jkcarslson19@gmail.com.

Saturday, April 20, 11:00 am, East Lyme Room

POETRY READING:

Steven Ostrowski and Glen Shea

Local authors **Steven Ostrowski** (*Life Field*, 2024) and **Glenn Shea** (*In the Middle of the Month in the Human Realm*, 2024) will share work from their previously and recently published books.

Steven is a widely published, award-winning writer, a painter, and a songwriter. A world traveler, Glenn can currently be found living in an old farmhouse in Uncasville and working with a group of illuminati at The Book Barn in Niantic. *Program registration is required at:* www.eastlymepubliclibrary.org.

East Lyme Public Trust Foundation

Monitoring Sand Dynamics at Niantic Bay Beach

On October 6, 2023, the E.L. Public Trust Foundation arranged to have Gerwick-Mereen LLC conduct a high-resolution topographic sand survey to determine if there has been any significant loss of sand from Niantic Bay Beach due to erosion. This study was co-funded by the East Lyme Public Trust Foundation and the East Lyme Parks and Recreation Department.

On December 6, 2023, the team of Dr. Frank Bohlen- UCONN, Marine Sciences Department, the surveyors- Gerwick-Mereen, Jim Gallagher of the E.L.P.T.F. and Jerry Lokken-Director of the East Lyme Parks and Recreation Department, analyzed the graphic charts that Gerwick-Mereen had produced. This data revealed that a small loss of sand has been occurring at the western shoreline of the beach, while a small accumulation of sand has been taking place in the beach interior and in the eastern portion of the shoreline.

In 2014, Dr. Frank Bohlen, UCONN, Marine Sciences Department, had recommended that the Foundation consider monitoring the sand movement at the newly sand reinforced Niantic Bay Beach, running along the Niantic Boardwalk. This newly formed beach consisted of approximately



Photo by Patricia Hanrahan Murphy.

70,000 cubic feet of sand, transported from Canterbury, CT.

Yearly, for the next five years, the Foundation and the Parks Department hired Gerwick-Mereen LLC to conduct a high resolution combined multinational GPS derived topographic of the beach. The co-operating agencies then decided to continue the survey project to collect additional data.

After a three-year hiatus, the second phase of the survey took place in October, 2023. Overall, the data from 2019 and 2023 are encouraging, with only slight changes in either loss or accumulation levels. Overall, the data from 2019 and 2023 show that the

beach seems to have reached a stable condition. The Analysis team has not yet decided if additional consecutive annual surveys will be required.

The Foundation and the Parks Department will continue to monitor this situation to ensure that there is no significant loss of sand which would be deleterious to the beach's recreational and ecological values.

June M. Hoye and Jim Gallagher

**East Lyme Public Trust
Foundation, Inc.**

P.O. Box 174, Niantic, CT 06357

<https://publictrustfoundation.org>

Pollinator Pathway



Pollinator Pathway East Lyme, Inc. is a non-profit organization run by volunteers dedicated to creating and restoring pollinator friendly habitats on public and private lands. We are your resource for native plant ecosystem education.

We offer a Pledge Program which suggests a list of simple activities that will support pollinator friendly habitat in your yard. Pledge members receive a card that allows them a 10% discount on native plants at Smith's Acres in Niantic. We also offer an On-site Home Assessment to help home owners create pollinator gardens.

PPEL is co-sponsors with the East Lyme Public Library and the East Lyme Commission for the Conservation of Natural Resources for the 2024 Winter Lecture Series.



Please join us for the following lectures:

- **March 8th, Friday, 10:00 am to 12:00 pm**
DOT Field Office, Suite 215 upstairs,
339 Flanders Rd, Latimer Brook Commons.
DOT 161 INTERCHANGE PROJECT,
speakers include DOT Landscape Architect,
Project Engineers, DEEP employees.

- **March 23rd, Saturday, 2:00 pm**
East Lyme Library, East Lyme Room.
**LIVING WITH CONNECTICUT'S
EASTERN COYOTE**, speaker Richard Taylor
Ct. DEEP Wildlife Team Master Conservationist.

INFORMATION

To learn more PPEL visit our webpage at:

www.pollinatorpathwayeastlyme.org.

Our educational Facebook page:

Pollinator Pathway East Lyme.

Or contact us at: pollinatorpathwayel@gmail.com.



Your Support Helps Us Spring into Action

The generosity of our donors and supporters, small and large, was incredible this past quarter. Because of this support, we were able to provide Thanksgiving and Christmas Baskets, gifts from our holiday store, and winter wear for all ages. We continued to provide food and financial assistance, too.

Who might need help from Care & Share?

It could be a tired mama trying to make ends meet, a senior citizen whose rent increased, their car broke down, and they need heating oil, all in the same month. It could be the person with a disease or disability but no resources for help, those experiencing food, housing, and / or transportation challenges, or the family just wanting to provide a nice Christmas for their children during a tough year. Our donors and supporters make it possible for us to spring into action when our neighbors need us. We thank you.

Follow our Facebook page @careandshare for our weekly post of pantry needs, information on a **Dine Out fundraiser at Flanders Fish Market on March 11**, and more activities.

For assistance, call 860-739-8502. Our volunteer responders are on duty Monday to Friday. Due to increased demand, we now schedule client pantry appointments Monday through Saturday, but only serve clients by appointment. Intake for donations is every Saturday from 11:00 am to 1:00 pm. Join us in helping others by visiting: careandshareofel.org to read the President's Annual Appeal letter and make a donation.



BROOKSIDE FARM MUSEUM Events

Cultivating the Story
Avery, Smith & Harris 1845-1955



FEBRUARY 29

Fund Raiser at Five Churches by the Bay Niantic, tickets \$20 p/p available from Commission & Friends Members. See website for more information.

MAY 11

Plant Sale, in our barn, time 9:00 am - 1:00 pm.

MAY 19

Spring Tea, open to public, time 1:00 - 3:00 pm, tickets available on website.

Winter Tours, by appointment only on website.

INFORMATION

For more information please check our website: brooksidefarmmuseum.com or call: 860-739-0761.

East Lyme Senior Center

37 Society Road, Niantic, CT 06357 • 860-739-5859 • www.seniorcentersct.org • Monday - Friday, 8:00 am - 4:00 pm

STAFF

Kristen Caramanica	Director
Candy Heikkinen	Program Coordinator
Jennifer Yu	Social Worker
Jane Bowen	Senior Center Associate
Kayla Orowson	Receptionist
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 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 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.

AARP TAX-AIDE

The AARP Tax-Aide provides confidential, tax preparation assistance every February, March and April for low to middle income people with special attention paid to those 60 and older. Contact the Senior Center for an appointment and details about the process.

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 *will resume in the Spring 2024*

OVERNIGHT TRIPS / CRUISES



Washington DC – Cherry Blossoms, April 5-8, 2024. 4-Day trip, \$849 pp. *You need to have registered by Feb 16th.*

Collette Tours Presents:

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

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

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

****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. (East Lyme Public Courts) Code: Pickledome, 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 10:15 am
FIT DANCE GOLD:	Tue & Thurs 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.
PICKLEBALL LESSONS:	Lessons have resumed. Call the Senior Center for available dates. 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 12:30 pm Open play. \$3 each time. Must register per session. No instruction. <i>No Open Play in July.</i>
PICKLEBALL:	Sat session I from 9:45 am Drills and play for intermediate to advanced players. Must register. \$5pp.



Sat session II from 12:30 pm
Intermediate Players.
Register on Team Reach.
(East Lyme Public Courts)
Code: Pickledome, \$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 at Atria, Waterford No fee. Will teach.
MAH JONGG:	Tue 12:15 pm No fee. Must know the game.
BRIDGE:	Shoot Out, Tue 1:00 pm Fee \$5.00pp. Must know the game / have a partner. Must register.
BRIDGE:	Duplicate Bridge, Thu 1:00 pm Fee \$1.00pp. Must know the game / have a partner. Must register.



continued on page 26

Senior Center... continued from page 25

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 at 3:00 pm

UKULELE LESSONS: Mon 11:00 am - Level 2
Call for class fee & schedule.

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 2:15 pm

TECH TIME: Call for details.

HEALTH PROGRAMS / BENEFITS INFORMATION

MANICURES: 2nd & 4th Tue starting 8:15 am
\$5 fee.

MASSAGE THERAPY: 2nd & 4th Wed 12:30 pm & 3rd Thu at 10:00 am
\$33 fee for 25 minutes and \$66 fee for 55 minutes.
Registration at the Senior Center Office with payment.
48 hours cancellation policy.

HAIRCUTS: 4th Thu starting at 9:30 am, \$15 fee.
Registration at the Senior Center office with payment.

REFLEXOLOGY: 1st Thu starting at 10:00 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.

HEARING CLINIC:

BLOOD PRESSURE CHECK:

Appointments are required.
Registration at the Senior Center Office with payment.

Quarterly appointments on the 1st Thu 10:00 am
Registration at the Senior Center Office.

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:

Second Tuesday of the Month, 10:00 am,
Brian Dagle Foundation -
Brian's Healing Hearts

CAREGIVER SUPPORT:

Third Tuesday of the month, 10:00 am
Are you a Caregiver for a loved one? Come join other caregivers in a support group in the Day Room of the Senior Center.

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:

First Thursday of the month at 1:00 pm.

PARKINSON'S DISEASE:

Every Thursday at 2:00 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

Winter Lecture Series

Sunday, March 3rd & April 7th, 2:00 pm • East Lyme Senior Center, 37 Society Road, Niantic, CT

The Winter Lecture Series program is sponsored by the East Lyme Historical Society and the East Lyme Public Library and is free and open to the public. Hope you can join us!

MARCH 3RD: "Marquis de LaFayette: The Son George Washington Always Wanted"

2024 will mark the 200th Anniversary of LaFayette's final visit to the United States. Our special guest, Ted Walsh, will highlight the contributions LaFayette made to the United States. From his tactical and strategic military advice to George Washington to his influence with the French royal family LaFayette was hailed a hero of the revolution and helped in providing economic and diplomatic assistance to the young United States. Ted Walsh is a board member of the East Lyme Historical Society and has written articles for The Day and Hartford Courant and is a former Social Studies teacher.

APRIL 7TH: "A Tale of Two Families"

Our special guest, Nicole Thomas, will explore the family relations of Joshua Hempsted of New London and Thomas Lee of (East) Lyme and how their lives intertwined as recorded by Joshua Hempstead in his diary. Nicole is the Assistant Site Administrator

for the Southeast Region of CT Landmarks (*visit: ctlandmarks.org for more information*) and is involved in the New London Black Heritage Trail (*visit: newlondon.org for more information*).

EAST LYME HISTORY COLLECTION & ARCHIVES A Collaboration Between The East Lyme Historical Society and The East Lyme Public Library

Located in the East Lyme Room at the East Lyme Public Library, the Archives are open to the public Mondays from 9:00 am to 12:00 pm or by appointment. We can help with research questions, town and local history, local family genealogy, and we offer free document and photo scanning (*you will need to provide your own flash drive*).

A sampling of our collections include: Nehantic Indians, Niantic State Farm for Women, Niantic News, Published Family Genealogies (local), Historical House Collection compiled by the WPA, Olive Tubbs Chendali Collection, and so much more.

You can reach us at: kdenovellis@ely.lioninc.org, on subject line: EL Archives for questions and to schedule appointments.

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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

Ice Safety Tips

With winter here, many of us enjoy outdoor activities like ice skating, hockey, and ice fishing. But before heading out onto frozen lakes and ponds, it's crucial to assess the ice conditions for your safety.

New ice is weaker than old ice. Clear ice that is 4 inches thick may be safe for walking, while 5-6 inches may hold snowmobiles. However, ice does not freeze uniformly - it may be several inches thick in one spot but dangerously thin just feet away. Insulating snow also slows the freezing process. Avoid ice formed over moving water, currents, springs and inlets, as the motion weakens the ice.

While booming and cracking ice is not necessarily dangerous, avoid areas with cracks, water on top, or bluish tint indicating thin ice. Check thickness yourself using an ice auger to drill test holes as you go. **Follow general guidelines:** 2 inches or less - STAY OFF. 4 inches - ice fishing or other activities on foot.



NOTE:
It is illegal to drive a car or truck on the ice in Connecticut.

5-7 inches - snowmobile or ATV.

When heading out, tell someone your plans and carry a cell phone and ice safety kit: rope, ice picks, whistle and spiked shoes. Should you fall in, don't panic. Turn toward the direction you came from and place your hands and arms on the unbroken surface. Kick your legs to push your body onto the solid ice. Lie flat and roll away to safer ice. Get to a warm, dry, sheltered area immediately and remove wet clothes to rewarm.

If someone else falls in, remember "reach, throw, don't go." Call 911 then lie down to reach with a branch, rope, or ladder to the victim. Throw a flotation device or life jacket secured to a rope. Only go out onto unsafe ice as a last resort, using a human chain or rope tied to shore.



Using proper judgment, you can enjoy the ice safely. But remember, if in doubt, stay off the ice! Take precautions and put safety first this winter.

FEMA News for Residents

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.



FEMA

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/>

Or contact us:

Bill Mulholland, Zoning Official,
billm@eltownhall.com, 860-691-4114
Alex Klose, Town Engineer,
aklose@eltownhall.com, 860-691-4112.



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 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. 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 brianburrridge@gmail.com. For up-to-date information online, please follow Brian on: https://nextdoor.com/news_feed/.

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Trash and Recycling Pickup Day



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 left)
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

To search by street name for a pickup day, see the East Lyme Trash and Recycling webpage.

January						
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			

February						
S	M	T	W	T	F	S
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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		

March						
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17	18	19	20	21	22	23
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31						

April						
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7	8	9	10	11	12	13
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28	29	30				

May						
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19	20	21	22	23	24	25
26	27	28	29	30	31	

June						
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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						

July						
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			

August						
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

September						
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					

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 (No collection)

0 0.3 0.6 1.2 1.8 2.4 Miles

East Lyme Trash & Recycling Pickup Map

Recycling Schedule 2024



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

www.ballestrinis.com

860-442-2273



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