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First Selectman's Corner

Hello again. I hope the winter months treated you all kindly. The warm weather is here and welcome back to our seasonal visitors. We can all look forward to the many events planned for this summer, from music at McCook's Park, the Lions Art Show, to East Lyme Day and the many family holiday picnics enjoyed by our residents. There are some great bands booked for the bandshell and the lower parking lot. I heard that you might find a couple of the selectmen rocking the Lions Art Show. Hope to see you there.

UPDATE ON SEAWALL REPAIR AT MCCOOK'S PARK

Plans are shaping up to permanently repair the damaged seawall at the end of the McCook's Park parking lot. The temporary repair has prevented any additional damage. Work on the permanent repair is currently scheduled to begin after Labor Day so that disruption at the beach during the peak summer months can be avoided. I will have a better understanding of when the work will actually begin later on.

HATHAWAY FARMS, OSWEGATCHIE HILLS, RAVENSWOOD TRAIL LAND PURCHASE

I am pleased to report that in February, the Town of East Lyme completed the purchase of several tracts of land that will be preserved as open space from now, and into the future. The Oswegatchie Hills and Ravenswood Trail areas are popular hiking spots, enjoyed by many. The Hathaway Farms piece is very important to the town as it sits above a major aquifer, key to our water supply. Enjoy the open space

and trails, and please take care to bring out what you carry in so that we can preserve the beauty of these areas. Perhaps I will see you out on the trail!

ROUTE 161 / EXIT 74

With the warm weather, construction on the Route 161 / Exit 74 project will move into a new and dramatic phase. Approximately 30 million dollars has been expended so far. Between now and November, 2024 another 40 million will be used to take down the old bridge over Rt. 161, build a new bridge, and raise the height of Rt. 161. To the extent possible, necessary road closures will hopefully be limited to the hours of: 8:00 pm to 5:00 am. There will be inconvenience at times, but the project engineers will do all they can to minimize disruption during the peak summer months. They are working closely with our police department and public works.

As always, I am interested in your suggestions and concerns. 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



Dan Cunningham
First Selectman

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 860-767-9087 Fax 860-767-0259
 email: print@essexprinting.com
www.essexprinting.com

PUBLISHER
 William E. McMinn

LAYOUT & AD DESIGN
 Lynne Hardt
 Meghan McBreairty

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COVER PHOTO
 Concert on the Beach.
 Courtesy Town of East Lyme.

www.eventsmagazines.com

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MAY 19TH

Spring High Tea, 1:00 - 3:00 pm, tickets \$10
 online with presentation by The Pollinator
 Pathway.

JUNE 2ND

Victorian Lady, 1:00 - 3:00 pm, tickets \$15
 online.

JUNE 8TH

Museum Open House Day, 10:00 am - 2:00 pm.

JUNE 9TH

Free Concert featuring BEARS DON'T CARE
 2:00 pm at the barn.

INFORMATION

For more information and tickets check out
 our website at: brooksidefarmmuseum.com.

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

Those lucky enough to grow up in East Lyme remember the first time they swam out to the raft at McCook Point Beach, seeing the huge fireworks display or joining thousands of neighbors on Main Street for **Celebrate East Lyme!** I invite you to make more memories this summer. Our Parks and Recreation Department offers beaches, summer camps, concerts, special events and much more for you to enjoy! We've hired dozens of young adults, retirees, and others over the summer to deliver great experiences for you and your family. In addition to providing opportunities for your enjoyment, these jobs contribute to the economic health of the community and provide important experience for the future workforce.

Providing everyone access to parks, beaches and programs is very important for us. While we do charge for parking at our beaches, residents can always walk in free of charge! All our summer events including beach concerts and Celebrate East Lyme are also free! For those who are interested in a summer day camp, we make it affordable for those who need it by partnering with Care and Share. If you need any help, financial or otherwise, to enjoy what we offer, please don't hesitate to contact us.

I hope to see you on the Niantic Bay Boardwalk, at a concert in the McCook Bandshell, shoeless on the beach, at a summer camp or out on a trail!

Yours in health and community, Jerry Lokken, Director



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!

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Special Events - Summer 2024

CELEBRATE EAST LYME: JULY 20TH

Celebrate East Lyme is back on July 20th! Main Street will be loaded with local vendors, tasty treats and great music! Come on down and celebrate our community while gathering information from local organizations and catching up with friends and neighbors. The Dominion Fireworks Extravaganza is scheduled for 9:00 pm.

NIANTIC BAY 10K: Charlies Run

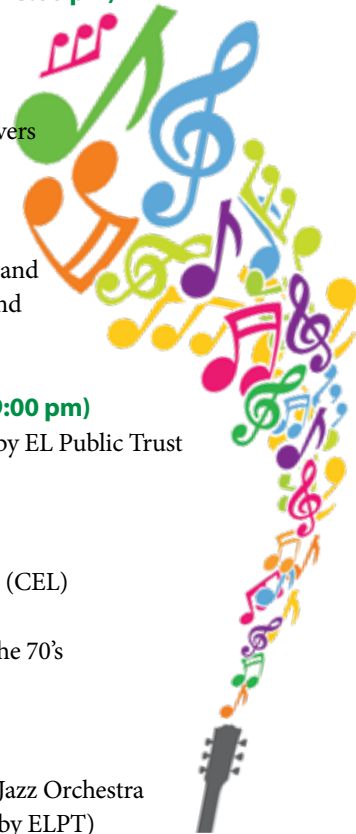
The Niantic Bay 10k returns this year to raise money toward East Lyme Youth Services goal of offering free afterschool programming for East Lyme Middle School students. The event will take place at McCook Point Park on Friday, June 7th in the lower-level parking lot. Check the website for additional information and to register for this event!

MCCOOK POINT PARK SUMMER CONCERT SERIES

The music will be flowing through the park once again this summer! We will be hosting concerts on both Wednesday and Friday evenings, on the beach and in the bandshell. Parking passes will not be needed to enter the park beginning at 5:00 pm on concert evenings, and attendees are encouraged to bring lawn chairs, blankets, food and beverages. No alcohol is permitted at McCook Point Park. The schedule is as follows:

Wednesday Nights on the Beach (6:00 - 8:00 pm)

June 26th	Five Bean Row
July 3rd	Bootleg Harmony
July 10th	Luke and Mike
July 17th	Dr. G and the Believers
July 24th	Red Lion
July 31st	Second Chance
August 7th	Azalea Drive
August 14th	Boat House Blues Band
August 21st	Old Lyme Town band
August 28th	The Lowtiders



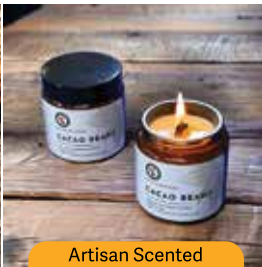
Friday Nights in the Bandshell (7:00 - 9:00 pm)

June 21st	Fusion: Sponsored by EL Public Trust
June 28th	Katie Perkins
July 5th	The Interrobangs
July 12th	Don't Tell Lisa
July 20th	East Lyme All-Stars (CEL)
July 26th	Jamies Junk Show
August 2nd	DizzyFish: Best of the 70's
August 9th	Soul Factory
August 16th	The ToneShifter's
August 23rd	Mystic Dead
August 30th	Time and Changes Jazz Orchestra
September 8th	Fusion (Sponsored by ELPT)

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Contact me today for more information!

Amanda Gaudette, REALTOR
 m: 860.859.7610 | o: 860.572.6400
 agaudette@wpsir.com
 amandagaudette.williamspitt.com
 Niantic Brokerage: 24 Pennsylvania Avenue
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STORYTIME AT THE BEACH with Miss Rebecca

Thursdays, June 20 through August 8, 10:00 to 10:45 am.
Enjoy stories and songs at Hole-in-the-Wall Beach. Registration is required. Call: 860-739-6926 ex. 2. Recommended for ages 2 through 6, but all ages are welcome!

NIANTIC FARMERS MARKET

Come on down to Methodist Street on **Thursdays, from 3:00 - 6:00 pm, June 13th through October 10th** and get your hands on some locally grown and made goodies! The market takes place on Methodist Street, so park in the municipal parking lot and mosey on over for fresh produce, meats, cheeses, arts and crafts, and the food truck of the week! See the Niantic Main Street / Park and Rec. tent for the schedule of special market events or for info on upcoming community events! See: www.nianticfarmersmarket.com for more information.

CONNECTICUT TRAILS DAY

We are excited to partner with the Friends of Oswegatchie Hills Nature Preserve to host a range of hikes on Saturday June 1st at the Veterans Memorial Park trailhead. Check out the Connecticut Forest and Parks Association website to register or find an event elsewhere in the state to partake in! Get out and explore! Go to: www.trailsday.org for information.



DANCES WITHOUT LIMITS

East Lyme Parks and Recreation has partnered with Groton Parks and Recreation to host monthly dances for people with disabilities. These dances will alternate from being hosted at the East Lyme Community Center and the Groton Senior Center, with a theme for each dance. All dances are from 6:00 - 8:00 pm and the cost is \$5 per person. Schedule and location: Fall Dance dates and locations to be announced!

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.

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Community Board

NEW PICKLE BALL COURTS

We are excited to announce the opening of four brand new dedicated pickleball courts located at Peretz Park at Bridebrook! We expect the courts to open in May, with mandated rotational play in the morning (schedules will be posted) followed by open times for groups to play. Stay tuned for future clinics, lessons, and other pickleball programs we plan to add!

NIANTIC BAY TRIATHLON

Sunday, August 11 at McCook Point Park. Please visit website for more information at: www.hartfordmarathon.com/niantic-bay-triathlon/.

NIANTIC BAY SAILING ACADEMY

The Niantic Bay Sailing Academy is for children, 7-17 who wish to take sailing lessons, June 17 to August 9 at Niantic Bay Yacht Club. For information or to apply, go to: www.nianticsailing.org



or call: 860-205-9569. Email: nbsa@nbyc.org.

NATIONAL NIGHT OUT

Tuesday, August 6th, from 5:00 - 8:00 pm at Flanders Elementary School. National Night Out enhances the relationship between neighbors and law enforcement while bringing back a true sense of community. Furthermore, it provides a great opportunity to bring police and neighbors together under positive circumstances. Come join us for a fun, family night with games, prizes, food trucks, plus much more.

THEATER UNDER THE SHELL

Theater Under the Shell is taking a hiatus for summer 2024, but we plan to be back better than ever for our 8th season in Summer 2025! We cannot wait to see you then as we present another roaringly funny comedy in our Pop-Up Summer Stock Theater at the McCook Point Park Bandshell overlooking Niantic Bay!

Parks & Recreation Department

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

Contact Information, Websites & Email Addresses

Executive Director: Jerry Lokken
jllokken@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

www.nutmegaquatics.com

East Lyme Business Organization

Contact Lynnea Mahlke: 860-691-1611

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

Nikki Buzzelli: 860-961-2627 |
elyouthbasketball@yahoo.com
www.elyb.org

Clubs / Town Organizations

AMERICAN LEGION AUXILIARY, UNIT 128

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

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

Kirk Engel: 860-334-9374 |
www.nianticlions.org

NIANTIC ROTARY CLUB

nianticrotary@gmail.com

BOY SCOUT TROOP 247

Joshua Scalora: webworkset@gmail.com
www.Beascout.org

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

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 Fariior: 860-460-8922 |
eastlymelittleleague@gmail.com
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EAST LYME SOCCER CLUB

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Parks & Recreation ... continued from page 8

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 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

**Parks & Recreation
Registration Policies
can be found on our Website at:
parkinfo@eltownhall.com**

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 went on sale Tuesday, April 9, 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 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.



SEASONAL BEACH PARKING & ADMISSION (McCook, Hole In Wall, Cini)

	2024 Total Price Tax Included
Resident (Town employees and active military qualify for Resident rate)	\$60.00
Resident Senior/handicap (Age 62+ or handicap placard)	\$30.00
Non-Resident	\$200.00
Commercial	\$170.00

ONLINE PRICING

Resident Online	\$61.00
Resident Senior/handicap Online	\$31.00
Non-Resident Online	\$201.00
Commercial	\$171.00

DAILY PARKING PASSES (no re-entry, new daily pass required)

	2024 Total Price Tax Included
Resident (Town employees and active military qualify for Resident rate)	\$20.00
Resident (weekend/holiday/event)	\$30.00
Non-Resident	\$45.00
Non-Resident (weekend/holiday/event)	\$55.00
Add'l vehicle with pavilion rental (beyond 10 included)	\$16.00

AFTERNOON DISCOUNT - Half Off Parking Rate from 2:00 - 5:00 pm Daily

Resident (Town employees and active military qualify for Resident rate)	\$10.00
Resident (weekend / holiday / event)	\$15.00
Non-Resident	\$22.50
Non-Resident (weekend /holiday /event)	\$27.50

DAILY BEACH ADMISSION

	2024 Price
Resident Walk-in (Town Employees and active military, and families if accompanied by employee or military member, qualify for Resident rate)	
Non-Resident Walk-in for Ages 16+ (under age 16 is free)	\$16.00
Seasonal Non-Resident Walk-in for Ages 16+ (under age 16 is free)	\$80.00

PAVILION / BANDSHELL RENTAL

The pavilion and bandshell are available for full day or half day rental (8:00 am to 1:00 pm or 1:30 pm until dusk).

PAVILION or BAND SHELL RENTAL (McCook)

Resident Half-Day	\$185.00
Non-Resident Half-Day	\$290.00
Resident Half Day (Summer Season - includes 10 daily parking passes)	\$240.00
Non-Resident Half Day (Summer Season - includes 10 daily parking passes) (May 25 - September 2, 2024)	\$345.00

SEEBECK PAVILION (Town Hall)

Half Day	\$80.00
Non-Resident Half-Day	\$185.00

Full day rentals are allowed if customer signs up for both time slots.
Non-profit organizations located in East Lyme qualify for the resident rate for Pavilion or Band Shell rentals. All other organizations are charged the non-resident rate.

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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ktondreau@coreplus.org
860.917.3113 | NLMS# 1739761



Learn more at CorePlus.org



Pollinator Pathway

PPEL, a science-based non-profit, is in its fourth year creating pollinator habitats on public and private land for healthy and sustainable ecosystems. Our ongoing projects include the Community Center Gardens; meadows at Samuel Smith Farmstead and 4 Church Lane; our roadside native plant test site in the roundabout in the Industrial Parkway; sustainable native plant gardens at the Public Works Building and the Betty Murphy Memorial Garden located at the Public Safety Complex. All these projects increase pollinator pathways throughout our 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.

Please join our educational Facebook page: Pollinator Pathway East Lyme, and contact us at: pollinatorpathwayel@gmail.com. Take our Pledge at: www.pollinatorpathwayeastlyme.org. We are always in need of volunteers.



FEMA News for Residents

FEMA

Community Rating System (CRS)

program which entitles its residents to discounts on their flood insurance policies. The CRS program recognizes and encourages activities that reduce flood damage to existing buildings and protects new buildings beyond the minimum Nation Flood Insurance Program protection level.

The Town of East Lyme currently provides property protection advice by providing individuals with information as to what they can do to protect their own properties from flood damage. Those who have a federally backed mortgage, or plan to refinance with a federally backed lender, are required to purchase flood insurance if their home is shown in a high-risk flood area, known as a Special Flood Hazard Area, on the FEMA Flood Insurance Rate Maps. Residents are urged to contact their insurance agent or visit: www.floodsmart.gov to learn more about how and where to get a policy.

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

The Town of East Lyme is a participant in the **Federal Emergency Management Agency**

- 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.

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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

“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.

Dates: July 8 to Sept 13 (No class 9/2)

Days: Monday-Wednesday-Friday

Time: 7:30 - 8:20 am

Fees: Resident \$120.00 / Non-Resident \$135.00

Registration Begins: June 26 (8:15 am)

Location: EL Community Center

Instructor: Donna Neaton, AFAA

Fit & Fabulous

This “Low Intensity” class rotates and combines many fitness styles such as classic aerobics, interval training, weighted low impact aerobics, Zumba®, barre, balance exercises and strength training using handheld weights, bands, and balls.

Dates: July 8 to Sept 13 (No class 9/2)

Days: Monday-Wednesday-Friday

Time: 8:30 - 9:20 am

Fees: Resident \$120.00 / Non-Resident \$135.00

Registration Begins: June 26 (8:15 am)

Location: EL Community Center

Instructors: Donna Neaton, AFAA



Monday Morning Yoga

This class uses a combination of movement, posture, and breath to work on strength, flexibility and balance. An all-levels class.

Dates: July 8 to Sept. 9 (No class 9/2)

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 and challenged. Handheld and leg

continued on page 14

Daily Lunch & Dinner Specials

Patio Bar NOW OPEN!

Watch the Red Sox and the Yankees along with all the other games here!



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Classic Car Shows
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Main
Street**

Next Door to
Lyme Tavern

Part of
Old Lyme

Adult Programs... continued from page 13

weights, bands, balls, and tubing are utilized in class for the strength / core portion.

Dates: June 3 to July 10

July 15 to August 21 (*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, AFAA



Monday Evening Coed Yoga

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

Dates: July 8 to Sept 23 (*No class 9/2*)

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

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.

Dates: July 9 to August 20

Sept 2 to Oct 16 (*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: June 26 to Sept 11

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



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.

Dates: April 20 to July 6

Dates: July 13 to Sept. 28

Days: Saturday

Time: 8:30 am to 9:30 am

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

Location: EL Community Center

Instructor: Kim Thompson, Certified Zumba® Instructor

Beach Yoga at Hole in the Wall

Class is for all levels of students. The class will meet on Saturday mornings at Hole in the Wall. Participants are required to bring a nEast Lyme Youth Services 16 on-slip exercise mat. Drop-ins are welcome (\$10 per class).

Dates: June 8 to August 24

Days: Saturday

Time: 8:15 - 9:15 am

Fee: Resident \$60.00 / Non-Resident \$75.00 / Drop in \$10.00

Location: Hole In the Wall Beach

Instructor: Michele Flowers, RYT 500

Parks & Recreation Summer Camp

**FOR GRADES ENTERING 1 - 8
JUNE 24 - AUGUST 9**

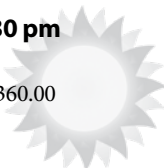
Fun daily activities planned, crafts, sports & games, and beach days, with added field trip opportunities. Children are grouped according to grades. This program is available for both East Lyme residents and Non-Residents. Programs are held at: Lillie B Haynes, East Lyme Middle School and East Lyme Youth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

Camp is: 8:00 am - 1:30 pm

Residents: \$385.00

2nd Child Discount: \$360.00

Non-Resident: \$485.00



Aftercare: 1:30 - 5:30 pm

Resident: \$60.00 per week, per child

Non-Resident: \$70.00 per week, per child

Aftercare is PER WEEK sign up.

Signing up for one week does not give you access to the whole summer.

Refund Policy: All refund requests must be submitted prior to the second week of camp to Jack Messina, Program Coordinator. An administrative fee of \$25 will be charged for all refunds, and an exception will be considered should a health related issue arise.

iCan Bike Camp

(by *iCanShine*)

August 12 - 16 | East Lyme Middle School



We understand that the vast majority of people with disabilities never have the experience of independently riding a conventional two-wheel bicycle during their lifetime. Research shows that over 80% of people with Autism and 90% of people with Down syndrome never experience this thrill. Defying these odds is why we exist.

For information or questions about this bike camp please visit website: icanshine.org/east-lyme-ct/ or email Dave Putnam at: dpmlsect@gmail.com or call: 860-550-4163.

Parks & Recreation Youth Programs

Three Belles Outfitters Kayaking and Paddle Boarding

Get your feet wet with one, or both, of our intro to kayaking or paddleboarding programs! Each program will be led by Three Belles Marina Staff to ensure fun and safe times on the water! Your child will get to use a state-of-the-art kayak or paddleboard to get accustomed to being on the water in a personal watercraft!

Dates: July 11th to August 1st
Day: Thursday's - Kayaking / Paddleboarding
Location: Three Belles Marina - Quarry Dock Road
Time: 12:00 - 2:00 pm
Fee: TBD

Three Belles Outfitters Inclusive Kayaking Camp

This kayaking camp is for participants with disabilities to build confidence and become comfortable on the water in a kayak! Utilizing hobie mirage drive tandem kayaks, your child and a peer will learn to kayak in the protected waters of Smith Cove. Each session is limited to only 4 participants, a waitlist will be taken. The first day of camp will be used for campers to become familiar with the equipment and will not be on the water. Personal floatation devices are mandatory for all participants!

Dates: August 19th to August 23rd
Time: **Session A** - 10:00 - 11:00 am
Session B - 11:30 am - 12:30 pm

Location: Three Belles Marina, Quarry Dock Road, Niantic
Fee: TBD

Youth Football Clinic

Join the ELHS varsity football team for a 5-day non-contact football clinic to sharpen your skills and learn more about the game! Extended hours will be available.

Dates: July 8th to 12th
Time: 9:00 am - 12:00 pm
Location: ELHS Turf
Fee: Resident: \$120.00 / Non-Resident: \$135.00
Run by: HS Football Coach Tom Kleine and players



Girls Basketball Youth Clinic

Join the ELHS girls' varsity basketball team for a 4 day girls youth basketball clinic to sharpen your skills and learn more about the game!

Dates: June 17th to 20th
Time: 2-6th grade: 4:00 -5:30 pm
 7-11th grade: 5:30 - 7:00 pm
Location: ELHS North Gym
Fee: Resident: \$100.00 / Non-Resident: \$115.00



continued on page 16



Skyhawks Sports Academy provides sports programs where children discover and develop athletic skills and life lessons, such as teamwork, respect and sportsmanship. We offer children a positive sports experience while promoting a healthy, active lifestyle.

Online: www.register.skyhawks.com | **Contact:** 800-804-3509

SPORT	DATES	DAY	TIME	AGES	LOCATION
Mini-Hawk Camp	6/17-6/21	Mon-Tues & Thu-Fri	9 am - 12 pm	4-6	Samuel Peretz Park
Tennis Camp (Beginner)	6/15-7/27	Saturdays	9 am - 12 pm	6-9	East Lyme High School
Tennis Camp (Intermediate/Advanced)	6/15-7/27	Saturdays	9 am - 12 pm	8-12	East Lyme High School
Mini-Hawk Camp	7/01-7/03	Mon-Wed	9 am - 12 pm	4-6	Samuel Peretz Park
Tennis Camp (Beginner)	7/01-7/03	Mon-Wed	9 am - 12 pm	8-12	East Lyme High School
Tennis Camp (Intermediate/Advanced)	7/01-7/03	Mon-Wed	9 am - 12 pm	6-9	East Lyme High School
Tennis Camp (Beginner)	7/15-7/18	Mon-Thu	9 am - 12 pm	8-12	East Lyme High School
Tennis Camp (Intermediate/Advanced)	7/15-7/18	Mon-Thu	9 am - 12 pm	6-9	East Lyme High School
Beach Volleyball Camp	7/15-7/18	Mon-Thu	9 am - 1 pm	10-14	Cini Park Beach
Mini-Hawk Camp	7/22-7/25	Mon-Thu	9 am - 12 pm	4-6	Samuel Peretz Park
Flag Football Camp	7/29-8/01	Mon-Thu	9 am - 3 pm	7-10	Samuel Peretz Park



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Saturday 9:00 - 1:00

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Youth Programs... continued from page 15

Run by: PJ Zipser, ELHS Girls Basketball
Varsity Head Coach and varsity players

program. Each participant needs shin guards and a mouth guard. Sticks & balls will be available to borrow!

Women's Adult Lacrosse League

For women players in high school, college and post-collegiate.

Dates: June 20, 25, 27 /
July 2, 9, 11, 16, 18, 23, 25.

Time: 7:30 - 9:30 pm

Location: East Lyme High School
Turf Field

Fee: \$100.00 EL / Salem Residents
(Half Sessions - \$55) /

\$125.00 Non-Residents
(Half Sessions - \$70)

(Half session = choose any 5 sessions
to attend)

Dates: July 15th to August 8th

Days: Mondays & Thursdays

Time: Pre K - Grade 2, Miracle
League field, 5:00 - 6:00 pm

Grade 3 - Grade 8, ELHS
Turf Field, 5:00 to 6:30 pm

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

Location: ELHS turf field and
EL Miracle League field
(behind Flanders School)

Instructor: Amy Lloyd

FENCING CLINICS

Classes will be held in the Activity Room
of the East Lyme Community Center

Fee: \$60.00 Residents /
\$75.00 Non-Residents
(Equipment provided)

Beginning Foil 1 - Ages 10 & Older

This class covers basic fencing move-
ments with the foil. The class introduces
the student to elementary tactics & the
fencing rules.

Dates: July 2, 9, 16, 23, 30
Time: 5:00 - 6:30 pm

Intermediate Foil - Ages 10 & Older

Beginning Foil One is a prerequisite. This
class builds upon the skills introduced
in Beginning Foil One and covers more
complex footwork & blade work.

Dates: July 5, 12, 19, 26, Aug 2
Time: 5:00 - 6:30 pm

Girls Lacrosse Summer Camp

Camp is for girls entering grades K-8.

Camp will be conducted by Phil
Schneider and local high school and
college players. Players must bring stick,
goggles, mouthpiece, water and snack.

Dates: June 24 - June 28,

Days: Monday - Friday

Time: 5:00 - 8:00 pm

Fee: \$150.00 Residents /
\$200.00 Non-Residents

Location: East Lyme High School
Turf Field.

Summer Field Hockey Clinic

SECT Youth Hockey Club is inviting
girls from East Lyme and surrounding
towns that are entering Pre k - Grade 8
to come and participate in a four week
/ 8 session developmental field hockey



care & share
OF EAST LYME INC.

Care & Share of East Lyme

Warmer weather brings us all outside to enjoy this beautiful area. The sand and the water bring us joy, but also can show us how important we all are, even though we may not feel like it sometimes. One grain of sand doesn't seem like much, but together with all the others, we have a beach. One drop of water may seem insignificant, but all together, we have a beautiful ocean. Who we are, and what we do, causes a ripple effect that goes on to touch others immediately and into the future. We thank our donors and fundraising community for trusting us to take care of all the families that need us. We don't receive government funding and are a 100% volunteer run organization. The food drives and dine-in fundraisers made a difference!

We are looking forward to being out in the community this summer at the Niantic Lions Art & Crafts fair, the Niantic Main Street Car Cruise, and the Niantic Main Street Farmers Markets. We are also planning a few fundraisers and food drives. If your organization would like to host a food drive, fundraiser, or offer a prize for a raffle, please call: 860-739-8502. Follow us at: www.careandshareofel.org and on Facebook at: careandshareel.

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.

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 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 are available at: elpoolfoundation.org. 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.



If you'd care to help the Foundation continue to help others in the community, consider a donation on our website, text POOLFUND to 53555, or use this QR code, at left.

AQUAFIT CLASS

Looking for a fun and low-impact way to stay fit and healthy? Look no further than water aerobics!

East Lyme Aquatics and Fitness Center
Thursdays, 8:00 - 8:45 am - Punchcard membership
10 classes for \$100.00



Try it Out! First class is FREE!

www.eastly.meschools.org/district/aquatics
Scan the QR Code at left for more information.

SWIM LESSONS

What We Offer:

- Aquatic programs for everyone regardless of age or ability level.
 - Group lessons for youth and private classes for adults.
 - Competitive swim teams for experienced swimmers.
 - Private lessons: contact the center to inquire.
- Limited space available.

5 - 6 weeks long, \$100.00 per session
infant and up

Interested in Signing Up? Have Questions?

Scan the QR Code for more information or



Visit our website at:

www.eastly.meschools.org/district/aquatics,

Call: 860-691-4681,

Email: elr2saguatics@elr2sk12.org



SUMMER CAMPS:

- Camp Bluey (ages 4-6)
- Mythical Creatures (ages 4-7)
- Barbie (ages 4-7)
- Taylor Swift (ages 7-12)
- Minecraft (ages 7-12)
- Acro Intensive (ages 7 & up)
- Choreography Camp (ages 10 & up)

SUMMER CLASSES:

- Jazz, Tap, Ballet,
- Contemporary, Hip Hop,
- Musical Theater,
- Leaps & Turns, Acrobatics
- Intro to Dance
- & More!

REGISTER TODAY!

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Summer Dance & Camps





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, remediative, 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. There are 35 slots available for 5th - 8th graders. Registration opens August 2nd at 8:30 am. This program will begin Wednesday, September 7th and run throughout the school year. This is a free program. 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

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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.

Preschool & Youth 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.

Dates: May 7 - 28

Days: Tuesday

Time: 9:30 - 10:15 am

Fee: Resident - \$40.00 /

Non-Resident - \$55.00 (per session)

Registration: Began April 9th

Location: East Lyme Community Center/Youth Center

Instructor: Lissette Bellody

NEW PROGRAM ALERT: Pre-Preschool Playgroup

Meets twice a week on Tuesdays and Thursdays, 9:30 to 11:30 am. Pre-Preschool is open to ages 2-4-year-olds and will meet two times a week with parents guiding their child in a pre-school environment. The Youth and Family Services "classroom" days on Tuesdays and Thursdays will include 2 hours each morning. Free play, center-based learning, circle time, stories, art, and a snack brought from home. The group will focus on building independence, social skills, cognitive development, motor skills and creativity. Later in the session we hope to offer parents the opportunity to leave briefly, on a rotating basis.

Dates: September 10th

- October 22nd

Fee: Resident - \$234 /

Non-Resident - \$250

Days: Tuesday & Thursday

Time: 9:30 - 11:30 am

Registration: Begins August 12th

Location: East Lyme Community Center / Youth Center

Instructor: Lissette Bellody

Limited to 10 participants.

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: Fall 2024 / 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

Kids Night

Offered one Friday a month to grades 1st through 8th to help increase socialization in a positive environment under the supervision of the after school open center staff. Those attending are given the opportunity to engage in positive youth activities such as arts and crafts, board games, legos, air hockey, ping pong, foosball, and pool. Pizza, water, and a movie are also offered. Registration is required and more information will be provided as the dates are set.

Dates: 1 time a month / Friday / TBD

Time: 6:00 - 9:00 pm

Location: East Lyme Community Center / Youth Center

Fee: \$30 / per child

Limited to 20



Niantic Lions Club Presents The 63rd NIANTIC ARTS & CRAFTS SHOW on the TOWN HALL GREEN

July 6, 2024 (10-5PM)
and July 7, 2024 (10-4PM)



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Artists and Crafters in the Region.

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nianticartsandcraftshow.com





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Town Clerk's Office

Dog License Information

The East Lyme Town Clerk's Office is reminding dog owners that June is dog license renewal month. **Renewals should be done by June 30, 2024.** All dogs 6 months of age or older must be licensed. Fees for neutered or spayed dogs are \$8.00 and for dogs that are not neutered or not spayed, the fee is \$19.

For neutered or spayed dogs being licensed for the first time a certificate of neutering or spaying from a licensed vet must be presented. An up-to-date certificate of rabies vaccination must be presented before a dog can be licensed.

To license by mail, send all required information (*which will be returned*) along with a self-addressed stamped envelope and your check made payable to: **Town of East Lyme**, and mail to: **East Lyme Town Clerk, PO Box 519, Niantic, CT 06357.**

You can visit the East Lyme website at: eltownhall.com to obtain information about licensing your dog via email.

A penalty of \$1 per month will be assessed for dog license renewals received after June 30, 2024.

For additional information, call the Town Clerk's Office at: 860-345-5175.

Karen Miller Galbo, East Lyme Town Clerk



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East Lyme Public Library

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

May - August 2024 - ADULT PROGRAMS

Thursday's, 3:00 - 6:00 pm

Niantic Farmer's Market

Dates: June 13 & 27 / July 11 & 25 / August 8 & 22

Location: Niantic Farmer's Market

Join our friendly and dedicated library staff at the Niantic Farmers Market on Methodist Street this summer! For more info, check the Library's social media.

Tuesday's, 6:30 pm

Trivia Night

Dates: May 28 / June 25 / July 30 / August 27

Location: Senior Center

Come and pit yourself against our trivia questions. Registration not required

Monday's, 6:00 - 8:00 pm

Silent Book Group

Dates: May 20 / June 24 / July 29 / August 26

Location: East Lyme Room

Bring your own book and enjoy the community of fellow readers in a quiet atmosphere.

Wednesday's, 7:00 pm

Out-of-This-World Book Group

Dates: June 12 - *Fairy Tale* by Stephen King
August 14 - *Nophek Gloss*

by Essa Hansen

Location: East Lyme Room

Tuesday's, 7:00 pm

Novel Book Group

Dates: June 11 - *Let Us Descend*

by Jesmyn Ward

July 09 - *Delicious!* by Ruth Reichl

August 13 - *West with Giraffes*

by Lynda Rutledge

Location: East Lyme Room

Thursday's, 11:00 am

Mystery Book Group

Dates: May 30 - *The Last Thing He Told Me*

by Laura Dave

June 27 - *The Other Woman*

by Hank Phillippi Ryan

July 25 - *The Girl on the Train*

by Paula Hawkins

August 29 - *When Stars Go Dark*

by Paula McLain

Location: East Lyme Room

Wednesday's, 7:00 pm

Men's Book Group

Dates: May 22 - *The Silent Patient*
by Alex Michaelides (fiction)

June 26 - *Gathering Moss* By Robin

Wall Kimmerer (non-fiction)

July 24 - *Skippy Dies*

by Paul Murray (fiction)

August 28 - *The Once and Future World*

by JB MacKinnon (non-fiction)

Location: East Lyme Room

Wednesday 6:00 pm

NEW! Brookside Farm Museum

- Homegrown National Park Book Group

Dates: June 5 / July 3 / August 7

Location: Brookside Farm Museum and Barn

A family-inclusive book club for those interested in joining the Homegrown National Park movement a collective effort to start a new HABITAT® by planting native species and removing invasive ones. To join the book club or receive more information, email: brooksidefarmmuseum@gmail.com.

continued on page 22

TWO BUSINESSES COMBINED INTO ONE - NOW INTRODUCING

PAPE CHIROPRACTIC & MEDI-RELEAF WELLNESS CENTER

GRAND Re-Opening

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 - Infant massage • Prenatal (pregnancy)/ Postpartum massage
 - Cranial Sacral Therapy
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NEW LOCATION: 305 Flanders Road, Suite 8 • East Lyme • 860-739-3600 • www.papechiropractic.com

Library... continued from page 21

Saturday, 10:00 am -12:00 pm

JOURNALING SERIES with Jane Rossi:

Introduction to Journal Writing*

Date: June 15

Location: East Lyme Room

2-hour workshop designed for adults aged 18 and over.

Saturday, 10:00 am -12:00 pm

JOURNALING SERIES with Jane Rossi:

Journaling as a Memoir: Exploring your Life Story*

Date: July 20

Location: East Lyme Room

We'll delve into the art of journaling as a powerful tool for capturing and preserving the significant moments of your life.

Saturday, 10:00 am -12:00 pm

JOURNALING SERIES with Jane Rossi:

Mindful Journaling: Cultivating Wellness, Balance and Resilience

Date: August 17

Location: East Lyme Room

We'll look at the impact of stress and well-being and introduce mindfulness concepts for mental clarity and emotional resilience. This program is limited to 12 participants. *Registration required.

Wednesday's, 6:00 - 7:30 pm

Crafting with Ashley

Dates: June 5 - Beeswax Taper Candles

July 21 - Metal Stamped Bookmarks

August 21 - Strong Art Hearts

Location: East Lyme Room

Patrons must be 16 or older to attend. This program is limited to 10 participants. *Registration required.*

Thursday, 5:00 - 7:00 pm

Community Outdoor Car Show

Date: May 23

Location: Community Center parking lot

Classic car owners are encouraged to bring their cars to exhibit in the library's parking lot. Cars should arrive by 4:30 pm for prime spots! No registration required.

Wednesday, 5:00 - 8:00 pm

PHOTOGRAPHY with Peter Glass:

Take Great Photos with your Smartphone

Date: May 29

Location: East Lyme Room

Learn about camera controls and how to use them to significantly improve your photographs. This program is limited to 15 participants. *Registration Required.*

Thursday, 6:30 - 7:30 pm

SUMMER SOLSTICE CONCERT

with Irene Rissi

Date: June 20

Location: East Lyme Room

Celebrate the coming warmth of the summer with violinist / violist Irene Rissi at this popular concert.

Tuesday, 7:00 pm

AUTHOR TALK with Greg Dillon:

A Thin Blue Lie

Date: June 25

Location: East Lyme Room

A gripping whistleblower account of FBI corruption and malfeasance. *Registration Required.*

Tuesday, 7:00 pm

Favorite Hits with Sal Basile

Date: July 2

Location: East Lyme Room

Join us for an evening with Sal Basile, as he performs an amalgam of music from different eras. *Registration Required.*

Tuesday, 6:30 - 7:30 pm

Lara Herscovitch: Building Bridges: Songs for Connection & Inspiration

Date: August 6

Location: Brookside Farm Museum Barn

Former State Troubadour Lara Herscovitch will share heartening, uplifting songs centered on purpose, connection and the aspiration to take better care of ourselves, each other and our world. *Registration required.*

Tuesday, 6:00-7:30 pm

Protecting Our Pollinators Bees & Butterflies with Cathy Wolko

Date: August 20

Location: Brookside Farm Museum Barn

Learn how we can do our part to save these fascinating pollinators and why we should care about these fragile creatures that give us so much. Limited to 50 participants. *Registration required.*

May - August 2024 - KIDS Programs

Wednesday, 3:00 pm

*Young Adult Pride Month Book Discussion and Craft

Talk about the book *Too Bright to See* by Kyle Lukoff and make a rainbow bracelet.

Date: June 26

Location: In the Library

To register call: 860-739-6926 ext. 2 or email: rscotka@ely.lioninc.org.

Children's Programs

STORYBOOK TRAIL - Perimeter of Samuel M. Peretz Park at Bridebrook

Children can enjoy the summer sunshine and a fun story while walking (or running!) along our Storybook Trail! In July our feature story will be *Flamingos are Pretty Funky* by Abi Cushman.

Read to Hazel the Therapy Dog

Ages: 6 & up

Dates: Tuesdays, 4:00 - 5:00 pm through June 11

Fridays, 10:00 - 11:00 pm July 12 through

August 9

Children gain confidence when they read aloud to a friendly therapy dog! Sign up each week for a ten-minute slot with Hazel. To sign up, call 860-739-6926 ext 2 or stop by the Children's Room.

Tuesdays, 10:30 - 11:00 am

Spring Storytime Fun

Ages: Designed for children ages 0-5

Dates: May 7 through May 21

Location: Community Center Activity Room

May 7: Dental Health Storytime with special

guest Maureen Joiner from Children's Dental Associates.

Read, sing, and dance with Miss Rebecca in this popular program.

Wednesdays, 10:30 - 11:00 am

Spring Baby Sign and Sing

Ages: Best for children ages 0-3

Dates: May 1 through May 22

Location: Children's Room

Learn baby sign language with Miss Sarah in this interactive storytime.

Thursdays, 10:30 - 11:00 am

Spring Sing & Stomp

Ages: For all ages

Dates: May 2 through May 23

Location: Community Center Activity Room

It's a weekly song and dance party for young children and their grownups!

SUMMER STORYTIMES

Wednesdays, 10:00 - 10:30 am

Summer Babies

Ages: Birth - 3

Dates: June 26 - August 7

Sing, read, bounce and play with Miss Sarah at our summer storytime for kids.

Thursdays, 10:00 - 10:30 am

Mermaid Storytime

Ages: 2-6, but all welcome

Dates: June 20 - August 8

Location: Hole in the Wall Beach

Miss Rebecca reads, tells stories, and leads sing-alongs at Hole-in-the-Wall Beach. In case of inclement weather, please call the Library at: 860-739-6926 ext.2 or check the Library's Facebook page.

SUMMER DROP-INS

Mondays, 10:00 am - 12:00 pm

All Aboard! Play with Trains

Ages: Ages 2 and up with a caregiver

Dates: July 1 - August 12

Location: Children's Storytime Room

Enjoy opportunities to play with the Library's reserved collection of wooden trains.

Tuesday, 10:00 am - 12:00 pm

Summer Stamping

Ages: Ages 3 and up with a caregiver

Dates: August 6 and 13

Location: Children's Storytime Room

Use our extensive set of rubber stamps to make cards, wrapping paper, or pictures for your fridge.

ADVENTURE BEGINS AT THE LIBRARY:

Summer Reading Incentive Program

Dates: June 13 through September 13

Read books and earn prizes! Our summer reading theme is Adventure Begins at the Library. *Registration begins June 13.* Stop by the East Lyme Public Library to pick up your reading tote bag and reading log. Kids can earn prizes and "Brag Tags" each week that they visit the Library. There is also an online version of the program at: eastlymelibrary.readsquared.com.

Tuesdays, 7:00 - 7:45 pm

Family Fun Events at McCook's Point Bandshell

Co-sponsored by East Lyme Parks & Recreation. Free parking during the event. In case of inclement weather, call: 860-739-6926 or check the Library's Facebook page.

June 18 Mr. Magic

June 25 Matica Circus Arts Duo

July 2 Talewise Science Adventure

July 9 Austin Dailey DJ Dance Party

July 16 John Higby's YoYo Show

July 23 Matt Matthews's Magic Show: Adventure Begins with Magic

July 30 Steve Elci & Friends: Live Music for Kids

Aug 6 Bryson Lang: Comedic Juggling Show



SUMMER STEAM WORKSHOPS FOR KIDS

Explore exciting programs about animals, theater, science, music, art, and books. Spaces are limited and pre-registration is required. *Registration begins June 13.* Please call: 860-739-6926 ext.

2 to register or email: childrens@ely.lioninc.org.

Grades: 3-4

Day & Time: Mondays, 3:00-3:45 pm

Location: East Lyme Room

July 1 - Fiber Arts Workshop: create art with natural and synthetic fibers with Shell & Bee Studio

July 8 - Animal Signs: Learn about the clues animals leave behind when you meet one of nature's sneakiest animals with Denison Pequotsepos Nature Center.

July 15 - Robotics: Make and race your own brush buggy bot!

July 22 - Energizing Electricity: Students will become part of a human circuit and experiment with Snap Circuits with the Niantic Children's Museum.

July 29 - Enthusiastic Escapades with Theater Artist / Performer Carol Glynn

SCIENCE STORIES & ACTIVITIES

Ages: 3-5 with caregiver

Day & Time: Tuesdays, 10:00 - 10:45 am

Location: Chendali Room

July 2 - Shell & Bee Studio engages young learners in art activities based on the book *Mix It Up* by Hervé Tullet.

July 9 - Push and Pull: Explore and play with pulleys, levers, and wedges with Miss Sarah.

July 16 - Ocean Creature Features: discover adaptations that let marine animals thrive in the sea with Miss Sarah.

July 23 - Orchestra Storytime: Explore Musical Instruments with Ann Marie Perry from the Friends of the Eastern Connecticut Symphony Orchestra.

July 30 - Kitchen Science: bubble, mix, and stir your way to slime and rainbows with Miss Sarah.

Grades: 1 & 2

Day & Time: Thursdays, 3:00 - 3:45 pm

Location: East Lyme Room

July 11 - The Niantic Children's Museum brings us back to prehistoric times to discover what fantastic creatures roamed the earth!

July 18 - Backyard Birding Adventures: learn how to use binoculars and identify some of our local birds.

July 25 - Mixed Media Mania: create original art while exploring a variety of media.

August 1 - Adventurous Activities with Theater Artist / Performer Carol Glynn

Young Adult Programs

SUMMER STEAM WORKSHOPS

Grades: Middle School Age Students

Day & Time: Wednesdays: 3:00-3:45

To Register: Call 860-739-6926, ext. 2, or email rscotka@ely.lioninc.org

July 3 - Shell Bee Studio Acrylic Wave Painting

July 10 - Taylor Swift Listening & Friendship Bracelet Party

July 17 - PocketVinyl: Create Your Own Comic Adventure

July 24 - Hair Raising Electricity presented by the Niantic Children's Museum

July 31 - Quests, Crusades and Capers with Theater Artist / Performer Carol Glynn

College Application Overview

Day, Date & Time: Monday, June 17, 7:00 pm

Location: East Lyme Room.

For: High school sophomores, juniors, and their parents

This presentation is intended to provide high school sophomores, juniors and their parents with an overview of the college application process. This program is intended to supplement the College Nights provided by most high schools.

How to Write Your Best Personal Essay for Your College Application

Day, Date & Time: Monday, June 24, 7:00 pm

Location: Senior Center

This presentation will show students how to write a strong personal essay that tells their story and strengthens their application. This program is intended for rising high school seniors. Presented by Christine Giamalis, the founder and owner of Your Best Personal Essay (YourBestPersonalEssay.com).

Summer Reading Incentive Program for Middle School Age Students

Dates: June 13 through September 13.

Read books and earn prizes! Our summer reading theme Adventure Begins at the Library is designed to inspire students to read and explore all summer long! The more times you visit the library the more "Brag Tags" you will earn! There will be more prizes, too! *Registration begins June 13.* Stop by the East Lyme Public Library to pick up your reading tote bag and reading log. There is also an online version of the program at: eastlymelibrary.readsquared.com.

Summer Reading Incentive Program for High School Age Students

Read a book, listen to a podcast, or attend a library program for a chance to win a prize. Visit the East Lyme Public Library to get a prize ticket for your achievement. In September we will draw the prize winners.

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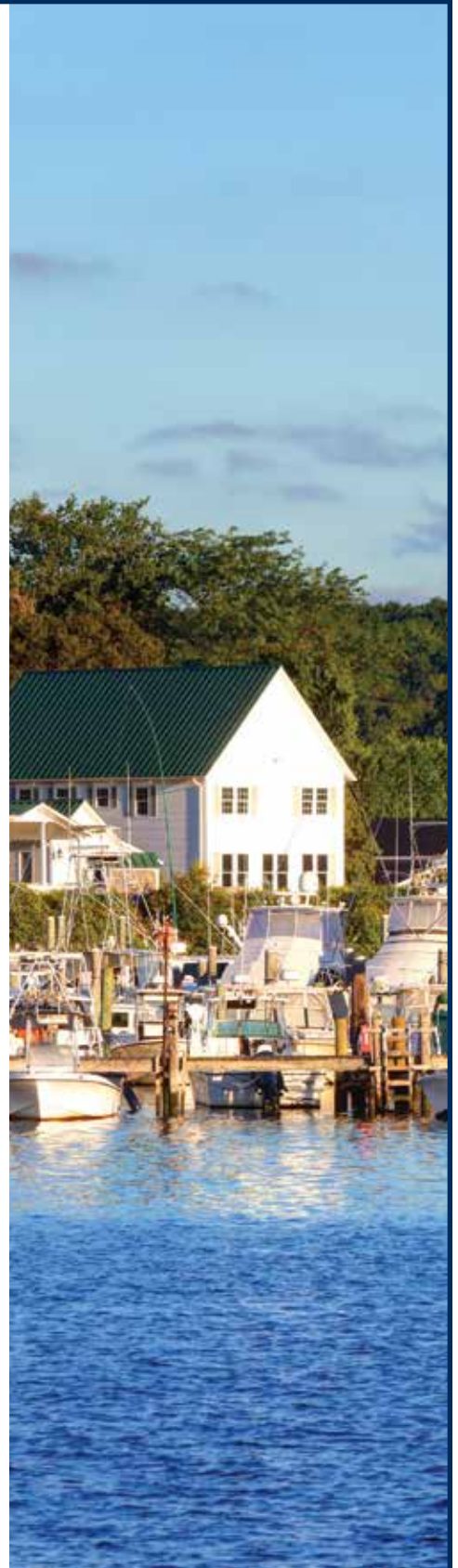


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Take a Vacation

WHAT'S YOUR DREAM VACATION?

A week on some tropical island? Reading a book at the beach? Traveling to see the Northern Lights? Hanging out in a quiet cabin in the woods? And when is the last time you took a vacation?

Often this becomes the thing we put off, sometimes saving for the dream, which may not be affordable this year or next. Or we think we're too busy with work, keeping up with the house, or making sure the kids get to all their activities. But did you know that research has shown a lack of annual (or more frequent) vacations is associated with greater health problems? The health benefits start even before the vacation, as blood pressure and heart rates decrease during the couple weeks people begin to anticipate their vacation. Stress levels go down, leading to better physical and mental health. It doesn't have to be a week or two, and it may not be your dream destination.

Similar results occur when you are able to have a shorter break, even a relaxing weekend. Not those weekends filled with chores, catching up with work, grocery shopping, etc. But those fun couple days filled with friends and family, being outdoors, or pursuing hobbies. We all need regular breaks, and they can be life-giving, but only if we are intentional about allowing ourselves to disconnect from the day to day stresses and rejuvenate!

Nancy Randall, PsyD, East Lyme Psychological Associates

Historical Society 2024 Events

2024 CALENDAR OF EVENTS

All events will be held at: 228 West Main St., Niantic, (unless noted otherwise)

Flea Markets

Days: Saturday and Sunday
Dates: May 25 & 26, July 6 & 7, August 31 & September 1
Time: 9:00 am - 4:00 pm Daily

Our vendors have something for everyone. Come and find your next treasure.

Time: Starting at 3:00 pm

Who's better in celebrating the town of East Lyme then the East Lyme Historical Society. Stop by our booth to say HI and learn more about our town and how to get involved.

Open House Day at the Thomas Lee House

Day: Saturday, June 8
Time: 10:00 am - 3:00 pm

Our Docents will take you back to Colonial times as you explore one of the oldest houses in Connecticut that is still in its primitive state.

Family Day Archeological Dig

Date: Saturday August 17th
Time, Cost: TBA

Thomas Lee House Opening Day for the Season

Date: Saturday, July 6th
Hours: Wednesday through Sunday 1:00 - 4:00 pm Daily
July through September 1st
Special Event Days: Saturday and Sunday May 25th and 26th

Free guided tours of this late 1600 house, maintained in its primitive state, are provided by our Docent volunteers.

Annual Historical Society Meeting Picnic

Date: Friday, June 14
Time: Starting at 6:00 pm

Learn about the past year's accomplishments and where we are going in the future. Bring your own picnic dinner and join in on the conversation.

UPCOMING EVENTS

Fall Potluck Dinner

Day, Date & Time: Friday, October 11, 6:00 pm

Nehantic Heritage Day

Date: Sunday, October 13
(rain date, Monday, 14th)



VINTAGE CAR SHOW ON THE GREEN 10AM-2PM

COME ENJOY A DAY BY THE BAY

Niantic ARTISAN & VINTAGE MARKET

SATURDAY, MAY 25 2024

10AM - 4PM DOWNTOWN NIANTIC

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Main Street



East Lyme Public Trust Foundation

Public Trust Foundation Celebrates Buoys on the Bay

The East Lyme Public Trust Foundation would like to thank all of the people who made the Buoys on the Bay project such a success.

people who took part in the event, creating buoys which were unique and imaginative.

The East Lyme Main Street Organization was an invaluable partner. Mermaid Liquors and Coastal Gifts on Main sold the buoys and collected the finished ones. Paul Lussier volunteered to build the tree forms. E. L. True Value donated the rope to hang the buoys and Marker 7 Marina cut and fused the rope lengths. Finally, the trees were painted, installed and decorated by a dedicated group of volunteers from the E.L. Public Trust Foundation, Niantic Main Street, Past to Present Collectibles, Marker 7 Marina, Coastal Gifts on Main, and the Parks and Recreation Commission. Also, many thanks to the 300

In addition, hundreds of people came to view the buoys, creating a festive atmosphere for the town during the holiday season. The Project was under the able direction of Carol Marelli, the Past President of the Foundation and Sue Kumro, the Vice-President of Main Street Organization. The Foundation and the Main Street group are committed to repeating this well received project next year in 2024.

The Foundation thanks the public for their support and encourage anyone who would be interested in joining to contact our President, Kathie Lewis Cassidy for more information at: kcsdy@sbcglobal.net.

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

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.

Medical Transit / Southern New London County

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

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.

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 to anyone 50 or older. Contact the Senior Center Office for the schedule.

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.

SENIOR CENTER TRIPS

The Senior Center offers a diverse selection of trips. Open to any person 55+. Detailed flyers are available.

DAY TRIPS

Sun, May 19 - 9/11 Memorial & Museum

Explore the country's principal institution concerned with exploring the implications of the events of September 11th - The National 9/11 Memorial & Museum. Lunch on Brookfield Place. Lots of walking. Trip fee is \$120pp. Register now.

Thu, May 30 - Harvard Glass Museum & The Mapparium

Visit the three-story Mapparium before

enjoying a three-course family-style Italian lunch at Maggiano's Little Italy. Then be amazed by the realistic flowers made of blown glass at The Glass Flowers exhibit in the Harvard Museum of Natural History. Moderate walking. Trip fee \$150pp. Registration now open.

Tue, Jun 11 - Newport Playhouse - Cemetery Club

Enjoy a hilarious performance of The Cemetery Club. Lunch is included. Minimal

walking. Trip fee \$122pp. Registration now open.

Thu, Jun 20 - West Point Campus Tour

We will begin our day at The National Purple Heart Hall of Honor. We will then enjoy a Bountiful Buffet at Hotel Thayer. Following lunch, enjoy a fun & informative guided tour of the United States Military Academy at West Point. Moderate walking on some uneven ground at various stops (most

continued on page 28

Seniors... continued from page 27

outdoors). Trip fee \$154pp. Registration now open.

Wed, Jul 24 - Lighthouse Narragansett

We begin with a wonderful brunch at the Quonest O'Club before a 90 minute narrated cruise of Narragansett Bay, Rhode Island. We will sail from North Kingston, RI with breathtaking sightseeing. We will end our day at the Olde Mistick Village. Minimal walking. Trip fee \$139pp. Registration is open.

Wed, Aug 7 - Cape Cod Canal Cruise, Onset, MA

Cruise the renowned Cape Cod Canal - a 2-hour cruise will detail the history and natural beauty of this fascinating waterway.

Lunch at Bailey's Surf & Turf prior to cruise. Minimal walking. Trip fee \$146pp. Registration began on May 1st.

OVERNIGHT TRIPS / CRUISES

July 19 - 21, 2024 - Island Hopping - Nantucket & Martha's Vineyard

We will visit JFK Museum and have a guided tour of America's most scenic little island. Trip fee is \$759 pp double occupancy. Registration now open.

Collette Tours Presents:

Mackinac Island, June 14 - June 22, 2024

space based on availability

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

Croatia & It's Islands,

April 22, 2025 - May 3, 2025

space based on availability

Contact 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

AGELESS FITNESS: Mon & Wed, 10:00 am.
Call for class fee & schedule.

STRENGTH TRAINING: Mon & Wed, 11:30 am. Call for class fee & schedule.

SENIOR YOGA: Tue & Thu, 9:00 am.
Call for class fee & schedule.

PICKLEBALL INTERMEDIATE PLAY: Tue, 7:00 pm. Recreational play. Register on Team Reach. (East Lyme Public Courts) **Code:**

Pickledome. No drop-in play. \$3pp each time.

TAI CHI: Wed & Fri, 9:00 am. Call for class fee & schedule.

CHAIR YOGA: Call for class fee & schedule.
Mon, 10:45 am. Wed, 1:00 pm. Fri, 10:15 am

FIT DANCE GOLD: Tue & Thur, 3:00 pm.
Call for class fee & schedule.

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:

Call the Senior Center for availability.

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. **No Open Play in July.**

PICKLEBALL:

Sat session I - 9:45 am. Drills and play for advanced players. Must register per session. \$5pp.
Session II - from 12:30 pm - Intermediate Players.



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Register on Team Reach. (East Lyme Public Courts) Code: Pickledome, \$3pp each time.

ARTS & CRAFTS CLASSES

- PAINTING W/FRIENDS:** Tue, 9:30 am.
No instruction - only camaraderie! No fee.
- STITCH HAPPENS:** Wed, 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 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
- PITCH/SETBACK:** Tue, 3:00 pm at Crescent Point. Must register with the Senior Center
- 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.

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.
- UKULELE LESSONS:** Level 2: Mon, 11:00 am.
Call for class fee & schedule.
- GUITAR LESSONS:** Level 2: Mon, 12:00 pm. Call for class fee & schedule.
- UKULELE/GUITAR:** All levels, Mon, 1:00 pm.
Call for class fee & schedule.
- WRITING CLASS:** Tue, 2:15 pm.

HEALTH PROGRAMS / BENEFITS INFO

- MANICURES:** 2nd & 4th Tue, starting 8:15 am. \$5 fee.
- MASSAGE THERAPY:** Will continue late summer.
- HAIRCUTS:** 4th Thu, starting at 9:30 am, \$15 fee.
Registration at the Senior Center office with payment.
- REFLEXOLOGY:** Will continue late summer
- 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: Fri, 12:30 pm
Walk in - no need to register. Check with Senior Center office for the schedule.

MONTHLY PROGRAMS

- GRIEF SUPPORT GROUP:** 4th Tue, of the Month, 10:00 am, Brian Dagle Foundation - Brian's Healing Hearts
- CAREGIVER SUPPORT:** 3rd Tue, 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.
- GRANDPARENT SUPPORT GROUP:** 1st Wed, of the Month, 10:00 am
- "THOUGHTFUL TUESDAY:"** Mindfulness Coaching, at Zen & Now. 2nd Tue, of each month, 10:15 am. \$10pp each month.
- STROKE SUPPORT GROUP:** 1st Thu, of the month at 1:00 pm.
- PARKINSON'S DISEASE:** Living with INTENT! Group class combining exercises for speech, memory, movement and music for people living with Parkinson's disease. Every Thu, at 2:00 pm

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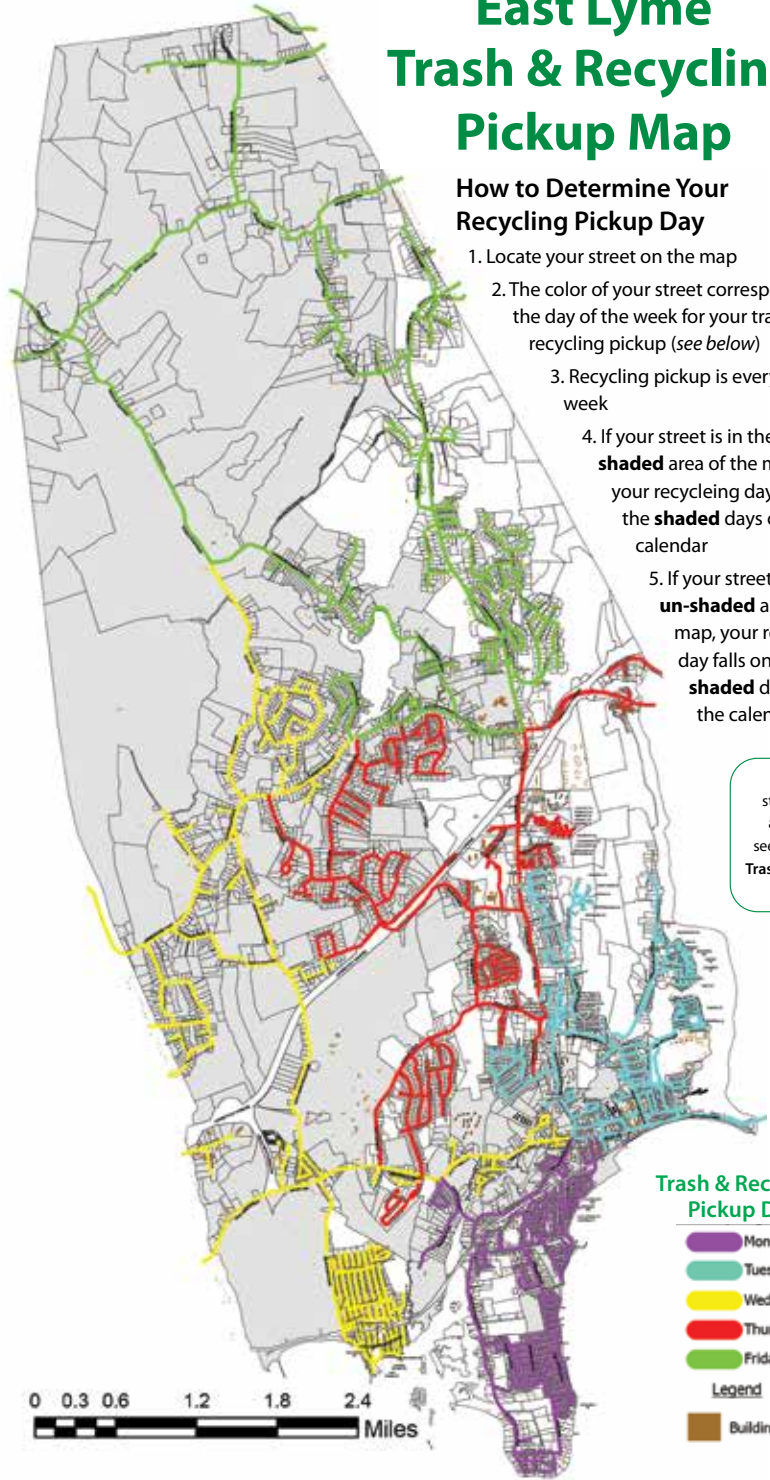
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- Office: 860-739-6277
- 132 Boston Post Rd
East Lyme, CT 06333
- lisa.bernard@cbmoves.com
- www.lisa-bernard.com



East Lyme Trash & Recycling Pickup Map

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



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

Trash & Recycling Pickup Day

- Monday
- Tuesday
- Wednesday
- Thursday
- Friday
- Legend
- Buildings

Recycling Schedule 2024 | May - December

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

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

CLERK (No collection)



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