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860-691-1300

## First Selectman's Corner

**I HOPE YOU LIKE THE CRISP FALL WEATHER AND WATCHING THE TURNING LEAVES, A NEW ENGLAND RITUAL.** Main street has been vibrant, with residents and visitors enjoying all that it has to offer. The Oyster Festival was a tremendous success. I heard so many positive comments about the great music and the libations. What a great way to support the Miracle League and all that they do. Now, the recreational boats are disappearing from the Bay as they are shrink wrapped and put away for winter. There are still plenty of interesting activities on the Bay, as fishing boats and freighters traverse Long Island Sound. Don't forget to purchase and decorate a buoy for the Buoys by the Bay event co-sponsored by Niantic Main Street and the Public Trust Foundation. A good opportunity to have fun and be creative. Also, hope to see you at the Light Parade in December.

### **ROUTE 161 / EXIT 74**

More great progress on the Route 161 / Exit 74 project over the Fall. Northbound traffic on I-95 is traveling over the new overpass. The second section of the new bridge is now carrying Southbound I-95 traffic, paving the way for removal of the final section of the old bridge. The new Exit 74 off



Dan Cunningham  
First Selectman

ramp has replaced the old ramp, which closed in October. Road closures for construction of the second section of the bridge are now largely behind us. As we have come to appreciate, the police along with our public works department and contractors continue to do a great job keeping disruptions to a minimum.

### **ADA PROJECT AT TOWN HALL**

ADA compliant renovations to Town Hall at 108 Pennsylvania Avenue are complete and the new pedestrian access ramp can be seen in front of the building. The bathrooms on both floors are now ADA accessible. Also, the wheelchair lift

is available to reach both floors. Importantly, these changes facilitate greater access to all visitors to Town Hall. In the spring, we hope to see attractive plantings in the new square formed behind the ADA ramp.

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](mailto:dcunningham@eltownhall.com).

**Dan Cunningham, First Selectman**



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# events

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## Watch Town Meetings on Cable TV or Internet

Board of Selectmen, Board of Finance, Special Town Meetings, Inland Wetlands Agency, Planning Commission, Zoning Commission and selected other meetings may be seen live and/or replayed on **Breezeline channel 191 or 9003, Comcast channel 97 or 1084 and Frontier channel 6112.** Between videos, announcements including the current weather and the upcoming meetings schedule are displayed. Visit **[eltownhall.com/government/videos](http://eltownhall.com/government/videos)** to view the cable TV replay schedule for town and Board of Education meeting videos or to watch town meeting videos on demand. These town hall Upper Meeting Room meetings are also streamed live on **YouTube.com/eltownhall**, East Lyme's YouTube channel. Board of Education meetings are streamed live on **YouTube.com/EastLymePublicSchools**.

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# Director's Report

## East Lyme is wonderful during the holidays!

The Parks and Recreation Department partners with Niantic Main Street and other community partners to provide the 37th Annual Niantic Light Parade, the 22nd Annual Holiday Stroll and the Magic Show with Santa. We will be decorating downtown Niantic for the Holidays and look forward to seeing "Buoys by the Bay," at Scheer Park again this year. The East Lyme Public Trust, Niantic Main Street, and scores of local artists partner with us for this unique display that brings scores of visitors to downtown Niantic!

Our Parks crew continues to provide well-maintained facilities throughout the year. Right now, soccer, football, baseball and softball teams are actively using our facilities, the pickleball courts are in constant use, and everyday hundreds of people enjoy the Niantic Bay Boardwalk and



Park and Recreation  
Director, Jerry Lokken

beaches. Already this year, we've sealed cracks and repainted the Peretz Park parking lot, reconditioned the irrigation well at Peretz Park to keep our fields in top shape, and made repairs to the Niantic River Walkway where it was damaged by a vehicle. Looking ahead, the department is renovating the baseball field at Peretz Park, installing erosion control features at McCook Point Park, and completing a plan to improve trails at Darrow Pond. We've also got a group working hard to make a dog park in town a reality by obtaining zoning approval and fundraising.

Please browse these pages and make plans to sign-up for one of our programs, attend an exciting community event, explore a park, or find out something new about East Lyme.

Yours in health and community,  
**Jerry Lokken, Director**









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# Parks & Recreation Department



**41 Society Road | Niantic, CT 06357**

860-739-5828 | fax 860-691-2409

[www.eltownhall.com](http://www.eltownhall.com)

Visit us online at:

**[parkinfo@eltownhall.com](mailto:parkinfo@eltownhall.com)**

## Contact Information, Websites & Email Addresses

**Executive Director:** Jerry Lokken, [jlokken@eltownhall.com](mailto:jlokken@eltownhall.com)

**Program Coordinator:** Cole Hoffman, [choffman@eltownhall.com](mailto:choffman@eltownhall.com)

**Administrative Assistant:** Robin Grandieri, [rgrandieri@eltownhall.com](mailto:rgrandieri@eltownhall.com)

**Recreation Supervisor:** Joey DeFillippi, [jdefillippi@eltownhall.com](mailto:jdefillippi@eltownhall.com)

**Park Foreman:** Robert Swan, [rswan@eltownhall.com](mailto:rswan@eltownhall.com)

**Maintenance Support:** Michael Rak, Steven Gerovitz, Cameron McCollum

## Parks & Recreation Commission Members

**Chairman:** Robert Tukey, Benjamin Armstrong, Alicia Brothers, Sue Kumro, Todd Donovan, Dave Castro and Kenzie Lloyd.

*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](http://www.ely.lioninc.org)

East Lyme Public Works: 860-691-4118

East Lyme Senior Center: 860-739-5859

East Lyme Town Hall: 860-739-6931 | [www.eltownhall.com](http://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](http://www.nutmegaquatics.com)

East Lyme Business Organization

Contact Lynnea Mahlke: 860-691-1611



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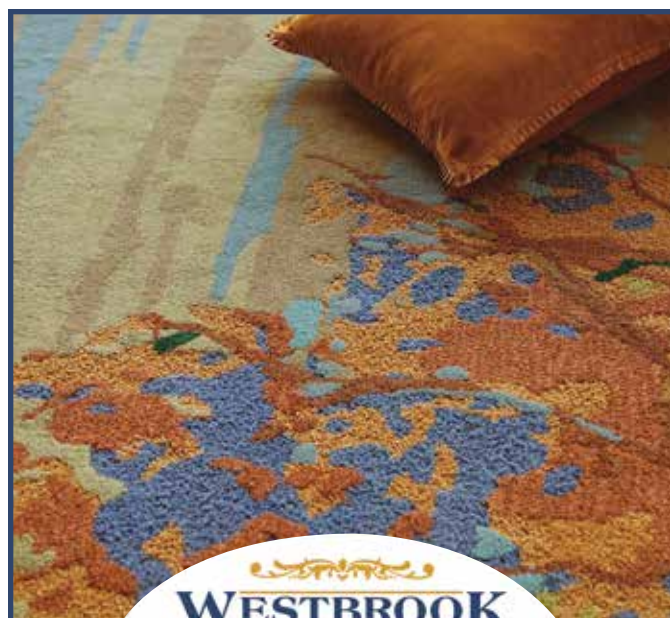


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## Athletic Organizations

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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

Zach Amont: 860-574-4429 | 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

### 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

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### BOY SCOUT TROOP 247

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### POLLINATOR PATHWAY EAST LYME

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### EAST LYME HISTORICAL SOCIETY

info@eastlymehistoricalsociety.org

### EAST LYME POLICE CADTES

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

## Passports

EAST LYME PARKS &  
RECREATION DEPARTMENT  
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Please call 860-739-5828 to make an  
appointment to have your passport  
application processed or for any questions.



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# 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 East

Lyme Library Community Center on Society Road, by mail (**Mailing 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 house-hold 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 house hold account for future programs, beach passes, etc.

*(If cancellation is due to medical condition; a doctor's note will be required for fee to be*

*waived.)*

## CANCELLATIONS

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

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

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

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

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



## Parks & Recreation Adult Programs

### PLEASE NOTE

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



### Jump Start

This energizing fun class rotates and combines many fitness styles such as intervals, circuits, Tabata, Barre, Zumba, aerobics, strength, balance & stretch. Be prepared to sweat and burn those calories!

**Dates:** January 2 to March 13 (No Class on 1/19, 2/16)

**Days:** Monday-Wednesday-Friday | **Time:** 7:30 to 8:20 am

**Fees:** Resident \$145.00/Non-Resident \$160.00

**Registration Begins:** Tuesday, Dec 16 at 8:15 am

**Location:** EL Community Center

**Instructor:** Donna Neaton, AFAA

### Fit & Fabulous

This energizing fun class rotates and combines many fitness styles such as intervals, circuits, Tabata, Barre, Zumba, aerobics, strength, balance & stretch. Be prepared to sweat and burn those calories!

**Dates:** January 2 to March 13 (No Class on 1/19, 2/16)

**Days:** Monday-Wednesday-Friday | **Time:** 8:30 to 9:20 am

**Fees:** Resident \$145.00/Non-Resident \$160.00

**Registration Begins:** Tuesday, Dec 16 at 8:15 am

**Location:** EL Community Center

**Instructors:** Donna Neaton, AFAA



## Functional Core

This class will target the abs and glutes and will help you move functionally and safely. We will work towards improving our core strength, body awareness, control, balance, and overall fitness.

**Dates:** January 6 to February 24 | **Days:** Tuesday

**Time:** 4:30 to 5:20 pm | **Fee:** Resident \$40.00/Non-Resident \$55.00

**Location:** EL Community Center

**Instructor:** Donna Neaton, AFAA/Barre Instructor

## Monday Morning Yoga

This class will awaken and energize your physical body, preparing you to move into your day with ease.

**Dates:** December 22 to March 9 (No Class 1/19, 2/16)

**Days:** Monday | **Time:** 9:35 to 10:35 am

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

**Where:** EL Community Center

**Instructor:** Michele Flowers, RYT 500

## Total Body Fitness

This 50-minute cardio & strength training class 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:** January 5 to March 18 (No class 1/19, 2/16)

**Days:** Monday and Wednesday | **Time:** 4:30 to 5:20 pm

**Fee:** Resident \$100.00/Non-resident \$115.00

**Registration Begins:** December 17 | **Where:** 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:** December 22 to March 30 (No Class 12/29, 1/19, 2/16, 3/16)

**Days:** Monday | **Time:** 5:30 to 6:45 pm

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

**Where:** EL Community Center

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

## Chair Strength Yoga \*NEW\*

This class will increase your inner vitality, improve strength, balance and flexibility with grounding breathwork. standing postures optional / variations offered. Open to all ages.

**Dates:** December 2 to February 24 | **Days:** Tuesday

**Time:** 4:15 pm to 5:15 pm

**Fee:** \$65.00 Resident / \$80.00 Non-Resident

**Where:** EL Community Center | **Instructor:** Susan Kruse, RYT 500

## 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:** January 6 to March 10 (No Class 2/24) | **Days:** Tuesday

**Time:** 5:30 to 6:30 pm | **Fee:** Resident \$45.00/Non-Resident \$60.00

**Where:** 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:** January 7 to March 25 | **Days:** Wednesday | **Time:** 5:30 to 6:45 pm

**Fee:** Resident \$60.00/Non-Resident \$75.00 | **Where:** EL Community Center

**Instructor:** Susan Kruse, RYT 500

## Thursday Zumba

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

**Dates:** January 8 to April 16 | **Days:** Thursday | **Time:** 5:45 pm to 6:45 pm

**Fee:** Resident \$75.00/Non-Resident \$90.00 | **Where:** EL Community Center

**Instructor:** Terry Weiss (Certified Zumba® & Zumba Gold® Instructor)

## Cardio Dance Fitness

Get up, get out, and DANCE! Looking for a fun way to get your cardio in? Join us! Jen Brush aka CB has been teaching Health & PE at ELHS for 25 years. She dances for fun and fitness. You'll have so much fun, you won't even feel like you're exercising!

**Dates:** December 11 to March 26 (No class 12/25, 1/1) | **Days:** Thursday

**Time:** 7:00 pm to 8:00 pm | **Fee:** Resident \$70.00 /Non-Resident \$85.00

**Where:** EL Community Center | **Instructor:** Jennifer Carney Brush

continued on page 10



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### Saturday Morning Fit Dance

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

**Dates:** January 31 to April 18 | **Days:** Saturday | **Time:** 8:30 am to 9:30 am

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

**Where:** EL Community Center | **Instructor:** Kim Thompson, Certified Zumba Instructor

### Volleyball - Adult Coed

This volleyball program is a fun, informal, pick-up play that meets once a week. No food is allowed in the gym.

**Dates:** January 6 to May 12 | **Days:** Tuesday | **Time:** 6:00 pm to 8:30 pm

**Fee:** Resident \$95.00/Non-Resident \$110.00

**Where:** East Lyme Middle School Gymnasium | **Instructor:** Cathleen Aquino



## East Lyme Youth Services

SERVING THE COMMUNITIES OF EAST LYME & SALEM

*Sarah Firmin, Youth & Family Services Director*

*Leanne Pappas, Wellness & Prevention Coordinator*

*Ellen Bailey, Part time Therapist, LSW*

*Sophie Dubreuil, Social Services Case Manager*

Contact Us @ (860) 256-4740 | (860) 739-6788

SFIRMIN@ELTOWNHALL.COM | LPAPPAS@ELTOWNHALL.COM

45 Society Rd, Niantic, CT 06357



*"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."*

### Dear Resident of East Lyme,

I hope this message finds you well. My name is Sarah Firmin, and I am the Director of Youth & Family Services. Our department is dedicated to making a positive impact on the East Lyme community through a wide range of outreach efforts that support mental health, prevent substance misuse, and promote overall well-being for residents of all ages.

We work closely with schools, local organizations, and community members to provide research-backed education, in-school and after-school programs, free counseling services, and training for staff. Our initiatives are guided by biannual surveys that offer valuable insight into youth mental health, substance use trends, and community perceptions. This data helps us design programs that truly address the needs and realities faced by individuals and families in East Lyme.

Our team is passionate about serving people of all backgrounds and building relationships that foster resilience, wellness, and personal growth. Through preventative,

remedial, educational, and social services, we aim to create safe and supportive environments that empower individuals and strengthen our community.

As we continue this important work, we are reaching out asking for your support. Your generous donation will enable us to expand programming, bring additional resources to East Lyme, continue to offer free counseling, and develop new strategies in partnership with local organizations.

Thank you for your time, your support, and your commitment to the East Lyme community.

Sincerely,

Sarah Firmin  
Director, Youth & Family Services



# Why Partner with Us?

We offer...

**Community Outreach:** Substance Abuse Prevention and Education, Mental Health Support, Support Groups, Clinical Services

**Social Services:** Food Bank, Fuel Bank, Energy Assistance Program, Renter Rebate Program, Unemployment

**Youth Services:** In-and-after School Programs,

Seasonal Camps, Preschool Programs, Juvenile Review Board, Viking Mentorship Program

**WE ARE CONTINUING TO GROW OUR PROGRAMS TO REACH MORE CITIZENS AND WIDEN THE SCOPE OF OUR IMPACT. WE INVITE YOU TO JOIN US IN OUR MISSION AND STRENGTHEN OUR COMMUNITIES TOGETHER!**

## East Lyme Youth, Family and Human Services

45 Society Rd, Niantic, CT 06357

(860)739-6788/email: [sfirmin@eltownhall.com](mailto:sfirmin@eltownhall.com)

Serving the Communities of East Lyme and Salem

## Youth, Family and 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 help address and implement initiatives to increase awareness and education on various topics that are impacting our youth in our town. These meetings are held quarterly, the 2nd Thursday of the month, at the Community Centre in the Olive Chendali meeting room at 5 pm. Please contact Sarah at [sfirmin@eltownhall.com](mailto:sfirmin@eltownhall.com) to inquire.

## Registration Information

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 and Family Services, the Parks and Recreation office, ELMS cafeteria, and online at [www.eltownhall.com](http://www.eltownhall.com). Registration forms and fees should be returned to East Lyme Youth, Family & Human Services offices between 8 am-5 pm M-Th, 8 am-11:30 am on Friday, or mailed. 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.

*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 will be in the youth center, or outside- weather permitting- where youth can enjoy air hockey, ping pong, our flat screen TV for Wii games, movies, or appropriate television, in a fun, and safe environment. Our experienced and youthful

staff will serve as positive role models, while maintaining a fun, and relaxed atmosphere for youth to unwind after the school day. This program is available for 5th – 8th graders. Registration opens August 4th at 8:30 am. This program will begin on Tuesday, September 2nd and runs throughout the school year. This is a free program.

We are currently working on additional programs and events. Check out our website frequently for updates [www.eltownhall.com](http://www.eltownhall.com) (and click East Lyme Youth & Family Services to the left), “like” our page on Facebook for updates, shoot us an email to: [sfirmin@eltownhall.com](mailto:sfirmin@eltownhall.com), or give us a call at (860) 739 -6788 for more information.

## PRESCHOOL & YOUTH PROGRAMS

### Preschool Programs:

#### PRESCHOOL PLAYGROUP

Nov 11 -Jan 20 (8-week sessions) | 9:30 to 11:30 am

Meets twice a week on Tuesdays & Thursdays

Fee: Resident- \$234/Non-Resident -\$250 | Registration:

October 14th | East Lyme Community Center/Youth Center

Instructor: Lissette Bellody | Limited to 10 participants.

Preschool playgroup is open to ages 2–4-year-olds and will meet two times a week with parents guiding their child in a preschool 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.

### YOUTH PROGRAMS:

#### Girls Circle:

Mondays, TBD | After school 3 pm-5 pm | Fee: No cost

The program runs until June. No Summer sessions

East Lyme Community Center

Facilitator: Sarah Firmin/Sophie Dubreuil

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continued from page 11

This program is for girls and youth who identify with female development ages 9-18. 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.

### Boys Council: NEW PROGRAM

Dates: TBD | The program runs until June. No Summer sessions  
After school 3 pm-5 pm | Fee: No cost  
East Lyme Community Center  
Facilitator: Dan Reynolds

This program is for boys and youth who identify with male development, ages 9-18. This group will increase boys' emotional, social, and cultural literacy through activities, dialogue, and self-expression. Space is limited.

### Kids Night

1x a month/Friday | Time: 6 pm-9 pm  
Next Kid Night: TBD for Nov

East Lyme Community Center/Youth Center | Fee: \$30/per child  
Limited to 20

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. Register through Rec Desk or in person at East Lyme Youth & Family Services.

### Youth Art Enrichment

Dates: TBD -will resume in December  
Cost: Resident \$120/ non-resident \$140  
Duration: 8-week course | Saturdays  
Time: 11:30 am - 12:15 pm | East Lyme Community Center/ Youth Center  
Facilitator: Leanne Pappas  
Registration is open. Limited to 20 participants

Spark creativity and find what fascinates you in this dynamic hands-on art class. Discover new mediums and develop

artistic skills in a relaxed and inspiring environment. Open to elementary aged children ages 6-10.

### Sitter Survival

Date: TBD | Time: 3 pm-4 pm  
Fee: \$75 Residents/ \$90 Non-resident  
Community Center/Activity Room

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

### Home Alone:

Dates: TBD | Time: 3 pm-4 pm  
Fee: \$45 EL/Salem resident  
\$60 non-resident  
Community Center/Activity Room

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



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## YOUTH & FAMILY PROGRAMS:

### Ski Club:

Join us for ski club this year at Powder Ridge Mountain Park & Resort in Middlefield. This year, youth in grades 1st through 12th will have the opportunity to participate in the program. In addition to any parents/guardians that would also like to participate. Participants will be able to pick from a skiing, snowboarding, or snowtubing package. Rates and registration will be available soon. There is no registration limit for this program this year.

Parents/guardians will be required to provide all transportation on Friday evenings from January 9th- February 6th, 5:30 pm -9:30 pm. Please contact [sfirmin@eltownhall.com](mailto:sfirmin@eltownhall.com) or (860)739-6788 with any questions.

## ADULT PROGRAMS

### Viking Mentor Program:

We are looking to recruit more adult mentors for the Viking Mentor Program. If you are interested in becoming a mentor to help empower the youth in our community and guide them to make positive choices, please contact Leanne Pappas at [lpappas@eltownhall.com](mailto:lpappas@eltownhall.com) or Sarah Firmin at [sfirmin@eltownhall.com](mailto:sfirmin@eltownhall.com).

### Grandparents Helping Raise Grandchildren Support Group:

If you are a grandparent helping raise your grandchild(ren), please join us and other grandparents in a supportive and confidential environment. Gain knowledge on resources available, hear from guest speakers, share stories, and form lasting friendships. This group meets quarterly, on the first Wednesday of the month from 10 am-11 am in the Youth Center.

### Meeting Months:

September, December, March, June

If you are interested in joining, please contact Sarah Firmin at [sfirmin@eltownhall.com](mailto:sfirmin@eltownhall.com) or at (860)739-6788.

### Social Services

East Lyme Youth, Family & Human Services, collaborates with local, regional and statewide agencies to provide social service initiatives and resources to residents in need of

assistance. A basic referral can be found on the town website page.

Referrals for basic needs include but are not limited to food assistance, clothing banks, energy and fuel assistance, housing support, financial assistance, and obtaining employment.

### Energy Assistance:

The Connecticut Energy Assistance Program (CEAP) provides financial assistance to Connecticut residents for heating their homes. Services include help with energy bills, emergency assistance, heating system repair, budget counseling, and referrals for weatherization improvements.

Appointments are now being scheduled. Contact Sophie Dubreuil to schedule an appointment at [sdubreuil@eltownhall.com](mailto:sdubreuil@eltownhall.com). Office phone (860)218-9850

Work cell (860) 772-5493

See the chart for updated requirements.

### Caregiver Support Group:

Caring for a loved one can be deeply rewarding—but also physically, emotionally, and mentally exhausting. Our Caregiver Support Groups are safe, welcoming spaces where you can share your journey, find encouragement, and connect with others who truly understand. This group is designed specifically for family caregivers—whether you're caring for a parent, spouse, child, or friend. Each session offers a mix of guided conversation, shared experiences, and helpful resources. For more information, please contact Sophie Dubreuil at [sdubreuil@eltownhall.com](mailto:sdubreuil@eltownhall.com) or at (860) 218-9850.

## ENERGY ASSISTANCE

### Applications for CEAP are accepted from September 1 through May 30, 2026

#### 60% of State Median Income Guidelines

|                              |                              |
|------------------------------|------------------------------|
| Household Size 1 - \$47,764  | Household Size 2 - \$62,460  |
| Household Size 3 - \$77,157  | Household Size 4 - \$91,854  |
| Household Size 5 - \$106,550 | Household Size 6 - \$121,247 |
| Household Size 7 - \$124,002 | Household Size 9- \$126,758  |

#### To fully process and submit all energy assistance application, please bring the following documents with you:

- The last 4 weeks of income for all household members (gross income). If you receive Social Security, please bring your SSA benefit letter as proof of income.
- Your most recent complete utility bill (IF heat is included in the rent, please bring a copy of the lease for proof)
- If you heat with deliverable fuel, please provide the name of your fuel vendor (and account number if you have it)
- Documentation of Child support, alimony, and pension for the last 4 weeks if applicable.
- Amount of rent or mortgage (no letter or statement is required)
- Bring 1099 from 2024 pension annuity or 401K

**Call Sophie at (860) 772 - 5493 for more information and to make an appointment to complete an application.**

# Park & Beach Information

## PARKS & BEACHES ADDRESSES

|                          |                                                                                                                                                  |
|--------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Cini Park</b>         | Route 156, Niantic<br>(located at end of boardwalk by Niantic Bridge)                                                                            |
| <b>Hole-N-Wall Beach</b> | Baptist Lane, Niantic                                                                                                                            |
| <b>McCook Point Park</b> | 8-10 Atlantic Street, Niantic<br>Main beach, pavilion, picnic area, restrooms,<br>Hole-N-Wall beach, playground, bocce court,<br>outdoor showers |

|                                  |                                                                                                            |
|----------------------------------|------------------------------------------------------------------------------------------------------------|
| <b>Peretz Park at Bridebrook</b> | 221 West Main Street, Niantic<br>Baseball, soccer, basketball court,<br>softball, lacrosse, utility fields |
| <b>Smith-Harris Park</b>         | 31 Society Road, Niantic<br>(Behind EL Middle School)<br>Little League, Pee-Wee football                   |
| <b>Veteran's Memorial Park</b>   | 10 Memorial Park Road, Niantic<br>Baseball, softball                                                       |

## 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 FREE.

**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 24 – Sept 1, 2025**

**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.

## Niantic Light Parade



### December 13th • 6:00 pm • Downtown Niantic

Come be dazzled by the largest and longest running light parade in New England. The parade will start at the corner of Columbus Avenue by Tony D's Creamery and proceed down Main Street (Route 156) to Pennsylvania Avenue (Route 161), ending on Grand Street. The rain/snow date will be Sunday, Dec. 14, 2025, at 5 pm. Sponsored by Dominion Energy – Millstone Power Station. Contact Parks & Rec Dept. at (860) 739-5828 or email [parkinfo@eltownhall.com](mailto:parkinfo@eltownhall.com) for more info. **To register a float visit: [eltownhall.com/news-and-events/annual-events/niantic-light-parade](http://eltownhall.com/news-and-events/annual-events/niantic-light-parade) or scan the QR code.**





# East Lyme Public Library

39 Society Road, Niantic, CT 06357 | 860-739-6926

[www.eastlymepubliclibrary.org](http://www.eastlymepubliclibrary.org)

Please register at

[www.eastlymepubliclibrary.org](http://www.eastlymepubliclibrary.org).

## Practical Aspects of Using Cryptocurrencies

### The Big Rise: A Sour Dough Recipe with Isabelle

Thursday, November 13, 6:00 pm

Join Isabelle for a hands-on learning experience with homemade sourdough bread. You will get to see, touch, and smell real examples while Isabelle guides us through what makes a great loaf. She'll also bring her baking equipment, so participants can see the tools used to create the perfect sourdough. It's educational and fun!

### Altered Books Craft Program with the Florence Griswold Museum

Saturday, November 15, 1:00 pm

Join us for a crafter-noon of making art out of an upcycled older book. Learn how to turn an unwanted book into a 3-D piece of keepsake art. An abundance of supplies will be included in this fun and enriching program. Geared for ages 12 and up; beloved by children and adults alike. Limited space. Ages 12 and up.

## DECEMBER

### Shoreline Ringers Music Concert

Tuesday, December 2, 6:30 pm

Join us for an evening with the Shoreline Ringers. The Shoreline Ringers is a community handbell ensemble promoting the ringing of handbells as a musical art form. Their work has created an advanced repertoire of sounds as they strive to educate audiences in the beauty of handbells, while performing a wide variety of challenging music. Ages 12 and up.

### Winter Solstice Concert

Tuesday, December 16, 6:30 pm

Celebrate the coming of the longest night of the year and welcome the beauty, solitude, and snow-filled fun of winter, with our popular Winter Solstice Concert, featuring violinist Irene Rissi and companion musicians.

### CHILDREN'S & YOUNG ADULT Storytime Fun

Tuesdays, 10:30 to 11:00 am

Now through December 16

Location: Activity Room

Grow a reader the fun way—read, sing,

dance, and play! Designed for ages 2 and up but all ages are welcome.

### Baby Sign and Sing

Wednesdays, 10:30 to 11:00 am

Now through December 17

Location: Storytime Room

Learn baby sign language in this fun, interactive storytime. Sing, play, dance, and learn! Best for birth to three, and older siblings are always welcome.

### Sing and Stomp

Thursdays, 10:30 to 11:00 am

Now through December 18

Location: Activity Room

Come dance with your children at the Library! In addition to being enjoyable, dance is a great way to develop motor skills and spatial awareness, meet new friends, and get exercise.

### Read Along with Hazel, a Therapy Dog! | Tuesdays, 4:00 to 5:00 pm

Location: Storytime Room

For readers ages 6 & up.

Pre-registration required.

## Pool & Fitness Center for All Ages and All Seasons!

Meet old and new friends at the East Lyme Aquatic and Fitness Center (ELAFC) located at the East Lyme High School. ELAFC is open year-round to the general public for lap swimming, lessons, water aerobics, and use of the well-equipped fitness center. Monthly memberships and day passes are available to help us all to stay fit, enjoy social interaction, and have fun at the same time.

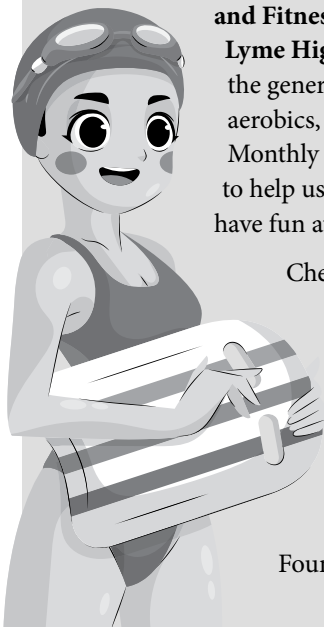
Check out all the programs offered by the Aquatic facility by visiting their website: [www.eastlymeschools.org/district/aquatics](http://www.eastlymeschools.org/district/aquatics).

If financial assistance is needed to use the Aquatic Center's pool and fitness center, scholarships are available from the East Lyme Aquatic & Fitness Center Foundation, Inc., a supporting arm of the

Aquatic Center. The Foundation provides need-based financial aid so East Lyme and Salem residents can benefit from the Center's programs.

**HOW TO APPLY:** A Scholarship application can be obtained from the Foundation's website: [elpoolfoundation.org/wp/](http://elpoolfoundation.org/wp/) (open the Scholarships tab). Completed applications can be submitted through the website or by mail sent to: East Lyme Aquatic & Fitness Center Foundation, Inc., 165 Boston Post Road, East Lyme, CT 06333. All information on applications is kept confidential.

**HOW TO DONATE:** For community members who wish to donate in support of the Foundation's public service mission, please refer to Donations using the Foundation's website: [elpoolfoundation.org/wp/](http://elpoolfoundation.org/wp/). The Foundation is a 501 (c) (3) charitable organization, and all contributions are tax deductible to the fullest extent of the law.





# 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     |
| Jane Bowen         | Senior Center Associate |
| Kayla Orowson      | Receptionist            |
| Lee Edwards        | Driver                  |
| Gary Pucket        | Driver                  |
| Katherine Kane     | 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](http://www.eltownhall.com).

**WEBSITES:** "Like Us" on Facebook. Check out our Senior Center registration website at [www.schedulesplus.com/eastlyme](http://www.schedulesplus.com/eastlyme).

## COMMISSION ON AGING

The Commission on Aging Board meets the 2nd Monday of every month except for July & 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

### Transportation Appeal Request

Please consider donating. Donors are critical to help offset the cost of operation of our transportation service. Make the check out to the "Town of East Lyme" for any amount you can afford to supplement the costs of providing transportation. In the memo section of your check, please write "Transportation".

## 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.

## 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. Class fee is \$20 for AARP members and \$25 for non-members.

## SENIOR CENTER TRIPS

**TRIPS:** The Senior Center offers a diverse selection of trips. Detailed flyers are available. Below are the trips currently being promoted:

### DAY TRIPS: Open to any person 55+

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](http://www.schedulesplus.com/eastlyme).

## NEW YORK BOTANICAL GARDEN HOLIDAY TRAIN SHOW

Manhattan, NY - Saturday, November 22nd

Wrapped in the flow of twinkling lights, model trains and trolleys zip along over winding tracks past scaled replicas of New York Landmarks. Explore Arthur Avenue "Little Italy" for lunch and shopping on own. Extensive walking. Trip fee is \$134. Registration begins July 1st.

## CHRISTMAS EXTRAVAGANZA | Saturday, December 6th

Reagle Music Theatre Players, Waltham, MA

The Reagle Music Theatre of Greater Boston will present Christmastime, their annual holiday presentation featuring 100 performers, live orchestra, precision dancers, living nativity and over 20 yuletide tunes. Lunch will be at The Chateau Restaurant. Minimal walking. Trip fee is \$184pp.

## KENNY & DOLLY | Wednesday, December 10th

Aqua Turf, Plantsville, CT

Friendship Tours presents the Country's Number One Tribute show to two of the biggest names in Country Music. This tribute band recreates the magic of Country's Music's Favorite Couple: Kenny Rogers and Dolly Parton. We will enjoy a family style lunch at the Aqua Turf. Minimal walking. Trip fee is \$140pp.

## OVERNIGHT TRIPS/CRUISES

Contact the Senior Center for trip flyers.

## PENN DUTCH CHRISTMAS

December 3-5, 2025 (Friendship Tours)

## SUNNY PORTUGAL FEATURING NEW YEAR'S EVE IN

MADERIA, December 27- January 6, 2026

## SOUTHERN CARIBBEAN CRUISE

January 26-February 7, 2026 (New London Departure)

## GREECE ISLAND HOPPING, April 12-22, 2026

## ALASKA LAND & CRUISE, June 14-28, 2026

## EXPLORING SCOTLAND & IRELAND

September 27 - October 9, 2026

## SOUTHERN CHARM HOLIDAY

November 30-December 6, 2026

## PROGRAMS

Registration is required for all programs. Contact the Senior Center. On-line registration is now available for all Senior Center programs. Go to: [www.schedulesplus.com/eastlyme](http://www.schedulesplus.com/eastlyme).

## FITNESS CLASSES

Please call the Senior Center for Class Details.

**AGELESS FITNESS:** Mon & Wed 10 am

**MONDAY CHAIR ZUMBA:** Mon 11:30 am

**SENIOR YOGA:** Tue & Thu 9 am

**STRENGTH TRAINING:** Tue & Thu 12:00 pm

**BALANCE & CORE:** Mon 1:15 pm

**BEGINER TAI CHI:** Wed & Fri 8:20 am

**24 FORMS OF TAI CHI:** Wed & Fri 9:30 am

**CHAIR YOGA:** Mon 10:45 am, Wed 1 pm & Fri 10:45 am

**FIT DANCE GOLD:** Tue & Thur, 3 pm

**PING PONG:** Wed 10:45 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.

## PICKELBALL RECREATIONAL INDOOR PLAY:

Download the free app called Team Teach.

Enter : East Lyme Public Courts | Code: Pickledome

No walk ins. Must have knowledge of the game.

Register Weekly—No Drop in Play

## PICKLEBALL LESSONS:

Call the Senior Center for available. Friday, 9:45 am, 4-week session of lessons for Beginners. \$70pp. Friday, 11 am. 1-week session of lessons for Adv. Beginners/Intermediate. \$20pp.

## ARTS & CRAFTS CLASSES

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

**STITCH HAPPENS:** Wed at 9:30 am. Knitting, crocheting, sewing together. No instruction and no fee.

**DRAWING CLASS:** Thu 10 am. No fee. Instructor led class. Minimal supplies needed.

**QUILTING:** 3rd Fri and the 4th Tue of every month 4:30 pm. Fee is \$2.00. 1st Mon of every month from 1 pm. No fee. Intermediate to Advanced level.

## SWEET ADELINE BARBERSHOP CHORUS

Year Round, Wednesdays at 6:30 pm

East Lyme Senior Center | Fee: None, Instructor: Varies Come join us and we'll make beautiful music together! You'll learn to sing four-part harmonies and have lots of fun doing it. No experience necessary.

## GAMES/CARDS

**HAND & FOOT:** Mon 12:30 pm

**SCRABBLE:** Tue 9:30 am at Atria, Waterford

**MAH JONGG:** Tue 12:15 pm | No fee. Must know the game.

**BRIDGE:** Shoot Out played Tue 1pm | Fee \$5.00pp.

Must know the game/have a partner. Must register.

**BRIDGE:** Duplicate Bridge played Thu 12:45 pm | Fee \$1.00pp.

Must know the game/have a partner. Must register.

**BINGO:** Fri 12:30 pm | \$1.00 for the 1st card - .25¢ for every additional card up to 9 cards. Drop in acceptable.

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**8X President's Award Winner**



LIC # S1-400300, S1-400301, SM1-5943



continued from page 17

## EDUCATION/ENRICHMENT

Call for class fee & schedule, unless otherwise noted.

**WRITING CLASS:** Tue 2:15 pm

**JAM SESSION:** Every Mon 2 pm. No formal instruction, just playing with your fellow guitar enthusiasts. Lessons will resume in September.

**UKULELE LESSONS – LEVEL 2:** Mon 11 am

**GUITAR LESSONS – LEVEL 2:** Mon 12 pm

**UKULELE/GUITAR ALL LEVELS:** Mon at 1pm

## HEALTH PROGRAMS/BENEFITS INFO

**FOOT CLINIC:** 3rd Thursday. Dr. Walter, Foot & Ankle Health Center

**MANICURES:** 2nd & 4th Tuesday.

**MASSAGE THERAPY:** 2nd & 4th Wednesday & 3rd Thursday. \$33 – 25 minutes, \$66 – 50 Minutes.

**HAIRCUTS:** 4th Thu starting at 9:30 am, \$15 fee

**HEARING CLINIC:** Quarterly appointments on the 1st Thu 10 am.

## MONTHLY PROGRAMS

**GRANDPARENT SUPPORT GROUP** - First Wednesday of the Month, 10 am

**PARKINSON'S DISEASE:** Living with INTENT! Group class combining exercises for speech, memory, movement and music for people living with Parkinson's disease, Every Thursday at 2 pm

**EVERY MONTH:** Theme Meals & Musical Entertainment - Special Events



## Pollinator Pathway

**It's that time of year when** plant nurseries have winter sales so remember to keep your PPEL membership card in your wallet to get 15% off native plants at Burnett's Country Garden in Salem and 10% off at Smith's Acres in Niantic. If you'd like a card contact us at: [pollinatorpathwayel@gmail.com](mailto:pollinatorpathwayel@gmail.com). You may also sign the on-line pledge to receive a card at our website: [www.pollinatorpathwayeastlyme.org](http://www.pollinatorpathwayeastlyme.org).

If you haven't heard of us before, Pollinator Pathway East Lyme Inc., PPEL for short, is your science-based native plant and invasive plant resource. We are a 501 c 3 non-profit run



**2025 Niantic Jingle 5k**  
**December 13**  
McCook Point Park  
Niantic, Connecticut  
*or wherever you are!*

**TEAMS WELCOME**  
**COSTUME CONTEST**

**#NJ5k Niantic Jingle 5k**  
**Saturday, December 13, 2025**  
Day of Event Registration: 8:30-9:45 am  
5K Race & Walk begins at 10 am  
Awards for Overall and Age Groups at 11 am

### REGISTRATION



**\* DISCOUNTED RATES \***  
**for EARLY Registrants**  
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**Register on DAY OF EVENT:**  
\$35 Adult | \$25 Youth

**Scan to visit:** [runsignup.com/Race/CT/NianticJingle5k](https://runsignup.com/Race/CT/NianticJingle5k)

[brianshealinghearts.org](http://brianshealinghearts.org) **#keeptheconversationgoing**



## The Music Studio

At The Music Studio, we offer exceptional music education for all ages and skill levels. With an award-winning curriculum, expert instructors, and personalized lessons, we ensure each student reaches their full potential.

**Mystic Studio: 80 Stonington Rd.**

**Niantic Studio: 179 Flanders Rd.**

**Call (860) 389-2589**

Email [info@musicstudiollc.com](mailto:info@musicstudiollc.com)

[www.TheMusicStudioMystic.com](http://www.TheMusicStudioMystic.com)



by volunteers and supported by donations and grants. We offer Home Assessment Visits, an online Pledge Program (both help you create pollinator friendly gardens), a PowerPoint presentation on The Importance of Native Plants and Insects, and a Pollinator Puppet Show.

Our ongoing town projects include our Native Plant Roadside Test Site at the Industrial Parkway, the Betty Murphy Memorial

Garden at the Public Safety Complex, the Community Center Gardens, the Senior Center Garden, the Public Works Department, meadows at the Samuel Smith Farmstead, a 2 acre meadow at 4 Church Lane, and the 1 acre meadow at York Correctional. We always need volunteers. Please consider joining our team. You don't need prior experience, we offer hands-on training.



## East Lyme Puppetry Project Inc

Poppi's Planet by Poppi's Planet - Hand puppetry  
Sunday, January 18 at 2 pm

"Perseus and Medusa" by Tanglewood Marionettes  
Marionette puppetry | Sunday, Feb 15 at 2 pm

"Sir George and the Dragon" By Pumpnickel Puppets  
Hand Puppetry | Sunday, March 15 at 2 pm

All shows are at the East Lyme Community Center at 41 Society Road. Niantic, CT 06357. Tickets are \$8 for children and \$10 for adults. Cash and Card payments are available at box office. Contact Elppi.org for more information.

## Assessor's Corner

### SENIOR HOMEOWNER, DISABLED & VETERANS' TAX RELIEF

A tax relief program for older adults and totally disabled persons who meet certain income requirement as approved by the State of Connecticut. You are applying for a credit on the taxes due on your primary residence in East Lyme.

The new income limit, including TOTAL GROSS income and Social Security should be available on/about January 1, 2026. For further information, contact the Assessor's Office at the Town Hall.

A complete copy of the 2025 IRS return must be submitted at the time of application with a copy of the Social Security 1099. If no IRS return was filed, then all 1099 forms and all income for the year must be presented. Veteran pension and veteran disability payments are included as income for this program. Anyone filing under totally disabled must submit proof of disability, i.e., an original award letter from Social Security and/or a current status report from Social Security as well as all income.

The homeowner must be at least 65 years of age as of December 31, 2025 or be receiving 100% disability benefits from Social Security.

The homeowner must occupy the property as their principal residence and not be receiving tax relief benefits as a homeowner in any other town or state.

### LOCAL SENIOR, DISABLED HOMEOWNER'S TAX CREDIT OPTION:

Also, the Town of East Lyme provides an Additional Tax Relief for

older adults and totally disabled homeowners.

The new income limit, including TOTAL GROSS income and Social Security should be available on/about January 1, 2026. For further information, contact the Assessor's Office at the Town Hall.

The Application period for the Senior & Disabled Homeowner's programs runs from February 1 through May 15, 2026. Call 860-739-6931, ext. 6 to schedule an appointment to make application.

The Application period for the Additional Veterans programs runs from February 1 through October 1, 2026. Call 860-739-6931, ext. 6 to schedule an appointment to make application

### PERMANENTLY AND TOTALLY DISABLED VETERAN 100% SERVICE-CONNECTED DISABILITY RATING TAX EXEMPTION

Effective October 1, 2025, pursuant to Section 12-93 of the Connecticut General Statutes as amended by Public Act 25-168 Section 235, permanently and totally disabled veterans with a 100% service-connected disability rating must file an application form (D-2) annually with the Assessor's Office no later than January 1, 2026. This application shall include (1) all documentation necessary to demonstrate that the veteran has been determined by the United States Department of Veterans Affairs to be permanently and totally disabled based on a service-connected disability rating of one hundred percent (100%), and (2) an attestation that such claimant has not submitted, and will not submit, a claim for the exemption in another town.

# CRAMPTON

## PLUMBING, HEATING & COOLING

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# FEMA

## Flood Facts



### FLOOD FACTS: DRAINAGE SYSTEM MAINTENANCE

The Town of East Lyme is a participant in FEMA's Community Rating System (CRS) program, which entitles its residents to discounts on their flood insurance policies. One of the objectives of CRS is to encourage and recognize programs that preserve & restore the natural functions of floodplains and minimize damage & disruption to infrastructure & critical facilities.

### KNOW YOUR FLOOD HAZARD

In the Town of East Lyme, one of the primary threats of flooding results from the "ponding" of water during heavy storms. Some flooding can result from small ditches and streams overflowing during significant storm events. Many local urban flood problems are caused when trash, yard waste, brush, fill or other debris is dumped into channels. This debris can clog storm drains & culverts, divert flows, and reduce the conveyance capacity of channels.

### STREAM DUMPING REGULATIONS

The house you flood may be your own! Don't dump or throw anything into drainage ditches or streams. Obstruction and pollution of our waterways and ditches is a violation of Town Ordinances and Regulations.

Dumping or disposal of debris throughout East Lyme's drainage system is prohibited. A Town Ordinance regulating the disposal of solid waste indicates that no person shall throw or deposit any refuse in any stream or other body of water. According to the East Lyme *Inland Wetlands and Watercourses Regulations*, filling or depositing material within 300 feet of a wetland or watercourse is considered a Regulated Activity.

The regulations that prohibit disposal of debris in East Lyme's drainage system are enforced throughout the entire community. The Wetlands Enforcement Officer (860)691-4105 and the Town Engineer (860)691-4112 are responsible for receiving complaints and monitoring compliance.



## 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 pm and the New London Veterans Coffeehouse is held on the first Friday of each month at the New London Senior Center, 120 Broad Street, in the Library from 9:00 - 11:00 am.

The mission is to provide a comfortable location for veterans, both men and women of all ages; to meet, socialize, and receive information regarding veteran benefits through state and federal agencies and organizations.

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



## East Lyme Police Cadets, Inc.

*Membership is open to all youth from the communities of Montville, Waterford, Salem, Old Lyme, Lyme, and East Lyme.*

[www.eastlymepolicecadets.org](http://www.eastlymepolicecadets.org)

### ADVISORS

East Lyme Police Sgt Mark Hallbauer  
 East Lyme Police K9 Officer Chris Dube  
 East Lyme Police Detective William Turcotte  
 East Lyme Police Officer Kaisea Caramante  
 CT DOT Electrical - Chandler Caulkins  
 (Former Cadet)



**This program is designed to give youth (male/female) between the ages of 13-20 an insight into the career field of Law Enforcement.** We are run SOLELY on donations. We hope to be able to create & foster friendships between the youth members and police officers as well as amongst their peers. Meetings are held every 1st and 3rd Wednesday of every month (except July/August) from 6:00 pm – 8:30 pm at the East Lyme Police Department. In the program, members learn various skills from CPR/1st Aid to handcuffing, building searches, and report writing. They work with cadets and police officers from throughout the northeast. Cadets also participate in various community activities where they use some of the skills learned to assist with traffic control, etc. Older Cadets may even be allowed to accompany officers on ride-a-longs to see the actual duties of a police officer

during their normal shift.

Youth members who successfully complete the program may be able to acquire jobs in the field of law enforcement easier than those that did not participate due to the fact that active members build their resumes while participating in a fun and demanding program. We accept applications year-round but have 3 times that we recruit during the year and we do have a cap of 25 cadets.

If you or someone you know is interested in joining, please have them contact us at:

[information@eastlymepolicecadets.org](mailto:information@eastlymepolicecadets.org)

### Donations Accepted at:

East Lyme Police Cadets, PO Box 189, Niantic, CT 06357  
 Or PAYPAL: [information@eastlymepolicecadets.org](mailto:information@eastlymepolicecadets.org)  
 (Please select "Friends & Family")

## 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              |

### 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 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](http://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).

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



# New in Town!



**Jerrica Watrous**, the founder of The Music Studio, displayed her deep passion for music right from the early years. "My grandmother bought me a toy piano when I was four years old," Watrous relates. "I would play and sing all the time. Then she bought me a real piano and I started taking lessons. I always loved piano and singing." Watrous became a classically trained lyric soprano. She then taught piano and voice lessons privately from her home before stepping away from music education to raise a family. When she became an empty nester, the pull of music was just too much.

Watrous wanted a hobby to fulfill her passion for music. So, eight years ago, she rented a small space in Old Mystic. She never expected that the empty room with a

piano and no students would transform into a full-time career with a thriving musical community. This year, Watrous took another leap of faith and opened her second Studio location in Niantic.

The Studio's facilities boast highly trained, passionate musicians who train a wide variety of instruments: piano, voice, guitar, violin, cello, harp, ukelele, flute, and saxophone. Every teacher is hand-selected not only for their talent but also for their ability to inspire. "Our students don't just learn notes," Watrous explains. "They become musicians."

Watrous is so proud of her students (they start at 4 years old, and some are in their

80's). She finds joy in watching them transform from shy and sensitive individuals to confident, expressive musicians. Watrous recounts the story of one 12-year-old student. "I heard something in her voice. I told her she was a true mezzo soprano," she recalls. "She said to me, 'No way.'" The girl was more interested in pop music. But Watrous continued to work with her and the student now trains at the Hart School as a mezzo soprano. The two still get together over music.

The Studio's focus on music education also includes a commitment to performance - offering numerous performance opportunities throughout the year (from holiday caroling to seasonal recitals to community events). Many students transition into performers at places like the Goodspeed Opera House, Providence Performing Arts Center, Trinity Rep, and more. Just as meaningful are the smaller successes like the child who overcomes stage fright to sing in front of an audience for the first time. "Every story matters," explains Watrous. "Every student's journey is celebrated."

The Music School is indeed more than a school - it's a community. As Watrous notes: "Whether you dream of playing a concert or simply want to make music for yourself, we are here to help you make music for all your life."

## The Music Studio

Mystic Location: 80 Stonington Road  
Niantic Location: 179 Flanders Road  
info@musicstudiollc.com | 860-389-2589  
themusicstudiomystic.com

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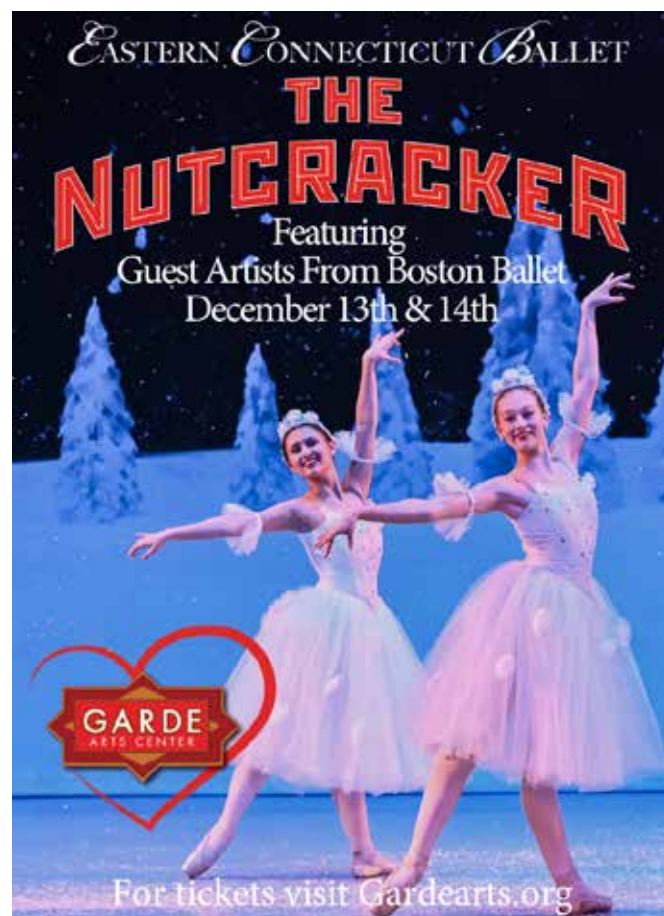
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