January 21, 2020



An Excruciatingly Opinionated Guide to the Connecticut Shoreline

SHOP CALENDAR EAT DISCOVER TRAVEL TOWN GUIDES



Just the other day I was moaning to my husband about how sad and boring January is, and then I put

the Winter Things To Do list together and realized we could be doing fun things Every. Single. Day. If you're finding yourself holed up at home, you might have a peek at this post and find a few events that will see you through the doldrums. We're crazy over here at The E List, with the Insanity happening this week (hope you're coming), and we're going to be packing up our shop, too, and joining the fun. If you'd like to snag a few bargains pre-sale, come to Chester tomorrow (Wednesday) while we do final markdowns and help lighten our load!

love, Erica

p.s. Today is the last day to enter our \$250 Shopping Spree contest. See below. Time to give yourself some love.



Therapeutic Massage Organic Facials Restorative Pedicures Medical-Grade Waxing



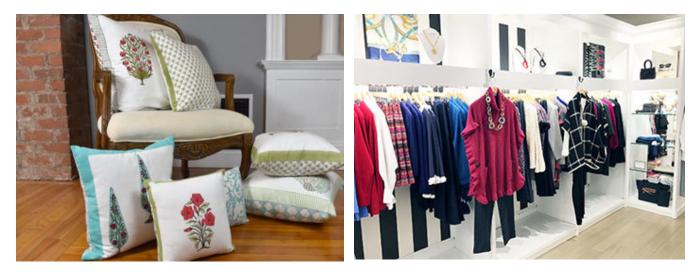
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10% Off for E List Readers with Code elist220



The big sale is right around the corner! We've gathered 22 of the best shops and designers on the CT Shoreline, under one roof, selling their wares at up to 75% off for two days only.

Let's peek at a few of them!



Saar Lifestyle

Artisan crafted, fair trade, international home decor, and fashion...

Classic, yet contemporary, ageless shopping at its best...

Sara Campbell



J. McLaughlin

Classic clothes with current relevance including cheerful dresses, shirts, and more...



Ann Lightfoot Jewelry

Plenty of stock of one-offs, samples, and past season's baubles...



Susan Roberts Jewelry

A delicate collection of hand-beaded and semi-precious baubles with semiprecious stones...



Amelie Michel

Beautiful table linens, hand-selected and imported from France...



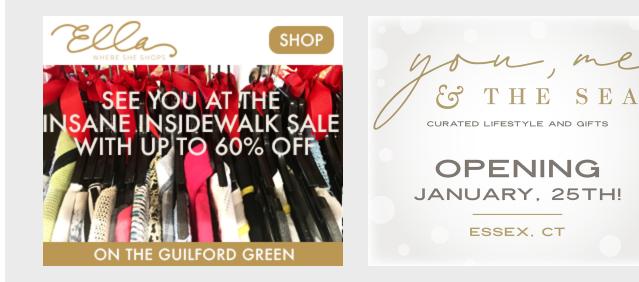
Yali

Unique home and bath decor from Turkish shores and beyond... A curated collection of accessories, home decor, and Dina's artisan jewelry...

Dina Varano

And there's so many more! See the list of vendors here:

Click Here for A Complete List of Vendors





What you need to know:

Dates: Friday, January 24th from 9:30 to 5:30, Saturday, January 25th from 9:30 to 4pm

Location: Old Saybrook Shopping Center, 105 Elm Street, Old Saybrook (a few doors down from Stop & Shop in the old Rugged Bear space.

Parking: Plenty!

Admission: \$5. First 25 people in line on Friday get in FREE.

Get All the Details Here

Many thanks to our sponsor of the 2020 Insane Insidewalk Sale



for their continued support of small business on the CT Shoreline

VISIT GSB

Daytime Dining in Old Saybrook

Wondering where to fuel up for the Insane Insidewalk Sale? We put together a handy (downloadable and printable) map of The E List's top picks for lunch (and breakfast) in Old Saybrook.



See the List







Last chance to enter to win a \$250 Shopping Spree at the Insane Insidewalk Sale! Contest ends Tuesday, 1/21/2020 at 5 pm.

Enter the Contest Here



Get Your Word Out To Our 25,000 Savvy Subscribers

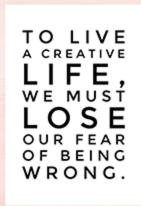
Click Here To Find Out How

Need to chase away the winter blahs? Here's a list of fun things to do this winter:





Sponsored Story



- JOSEPH CHILTON PEARCE

Moving From Change into Transition: A Psychologist's Perspective

By Cathleen Adams, Ph.D.

People sometimes think that they are resistant to change but, in fact, they really aren't. Instead, they are resistant to transition. So what's the difference between change and transition? Change is a shift in something you are used to—a variation in habit or routine, an unexpected event. Change is also situational. It can be as simple as a new diet or exercise program, or more eventful such as a break-up or divorce, a promotion or a move. Change can be positive as in starting a family, or painful as in losing a loved one. Transition, on the other hand, is a letting go of the way things used to be and then opening up to the way things can become. Transition is not just a change in situation but is a psychological event, and therefore demands our attention and mental effort.

Read the Full Article

The E List Shop Sale: Up to 75% off this Wednesday!

The E List Shop hours on Wednesday, 1/22: 11 - 6.

1 North Main Street, Chester

The shop will be closed Thursday through Saturday. You can find us at the Insane Insidewalk Sale on **Friday & Saturday, January 24th & 25th.**

www.theelistshop.com

860.322.3388



From The E List Events Calendar

Manufacturer's Closeout Sale at Becker's Diamonds and Fine Jewelry, 1/24 - 1/25

For two days only (right next door to the Insane Insidewalk Sale), 50% off hundreds of pieces, including designer jewelry and manufacturer closeouts. **Read more...**

Art of Chocolate: A Chocolate Tasting Event at the Mystic Marriott, 1/26 Chocolate extravaganza and tasting event with ice cream, candy, coffee, pastries and much more, not to be missed. **Read more...**

Essex Savings Bank Presents a Free Home Buyer Seminar, 1/27 Learn from the experts everything you need to know at this informative, informational session for first-time homebuyers (or if it's been three years since you've owned a home). **Read more...**

Looking for something to do? Find winter cooking classes, benefit concerts, Valentine's Day, and more on The E List events calendar:

BROWSE THE CALENDAR

p.s. from Erica

Take the Marie Condo Approach to Digital Decluttering:

Jerry Zigmont of **Macworks LLC** is our go-to guy for all things digital. He keeps our laptops and internet running smoothly and has since The E List was born. He also sends out an informative newsletter. A recent one included this easy three-step article to Kondo-izing your computer.

Need more tech help? Email Jerry at info@macworksllc.com

Read the Article Here

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