

# the e list

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.



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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...



### Sara Campbell

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





### **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 semi-precious stones...



### **Amelie Michel**

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



### Yali

Unique home and bath decor from Turkish shores and beyond...



### Dina Varano

A curated collection of accessories, home decor, and Dina's artisan jewelry...

**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](#)

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Many thanks to our sponsor of the  
2020 Insane Insidewalk Sale



for their continued support  
of small business on the CT Shoreline

[VISIT GSB](#)

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## 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](#)

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# Enter to win a \$250 shopping spree at the Insane Insidewalk Sale

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**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](#)





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



[See the List](#)

### Sponsored Story



### **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](http://www.theelistshop.com)

860.322.3388

[Shop Sale!](#)

## 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...](#)

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### **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...](#)

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### **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...](#)

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**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@macworkslc.com](mailto:info@macworkslc.com)

[Read the Article Here](#)



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