

the e list

An Excruciatingly Opinionated Guide to the Connecticut Shoreline

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We did the smartest thing ever last Christmas. We skipped gifts altogether and high-tailed it to

Paris (you'll find an article about it at the end of this list). It was a dream vacation, and my little family might agree the best holiday we ever had. We rented a cozy B&B in the 6th arrondissement and spent our days wandering around without much of an agenda. Mainly we sat around in cafes and classic bistros and enjoyed the toned-down French decor (REAL greenery!). After a rollicking Christmas Day with our cousins in Lille, we headed home fat and happy. This week we've tapped a few experts on how to keep the encroaching season healthy, calm, and meaningful.

love,
erica



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CHOOSE YOUR CHARITY!

Starting 11/4 charity based mat classes will be held with all proceeds and donations supporting a charity chosen by one of our members.

Every Monday Madison 10:30am Westbrook 12pm
All are welcome, open to non-members



How To Stay Sane During the Holidaze

We reached out to local Cognitive Psychologist, Alicia Farrell for a little advice on keeping it together during the holidays.

[Read Alicia's Tips](#)

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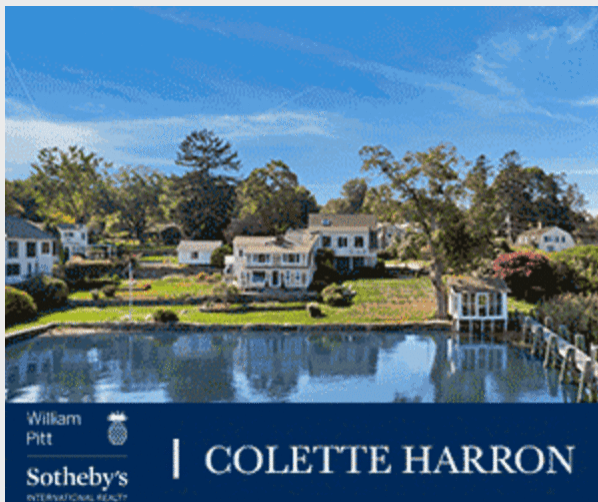
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Tips for Healthy Eating (& Drinking) for the Holidays

Here's what one of our trusted nutritionists shared with us on staying on a healthy track during party season.



[Read Kara's Tips](#)



Bright Line Eating

We've got one month 'til Thanksgiving, so if you're looking to shed a few before stuffing season, here's a science-based diet that might be for you (and a recipe for Turkey Bolognese and Zoodles).

[Find Out More](#)

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HIGH HOPES

Holiday Market

Nov. 17 11-4 PM

Join the Fun

An Invitation to Camp Reinvention!

I've known Dana Hilmer for years and have attended happiness workshops and coaching sessions with her. She's a Life Coach and founder of THRIVEitude, a coaching company geared to increasing whole-life happiness. Mainly, though, Dana sprinkles happy dust where ever she goes, and she's got a toolbox filled with gear that can help you achieve more joy in your every day. She's teamed up with Lesley Jane Seymour (of Covey Club) and Leadership Coach, Wendy Perrotti, for an immersion program in reinvention. If you're stuck in a rut, consider a few days with experts and a bunch of like-minded women at the luxurious Mohonk Mountain House in January. Dana has offered **E List** readers an early bird discount if you take advantage of the offer before November 8th.



Photo Credit: Mohonk Mountain House Resort

Read all about Reinvention here.

Sponsored Story

**MMModern by Musical
Masterworks**



Musical Masterworks is mixing up its repertoire by featuring a saxophone quartet for its MMModern series of contemporary chamber music on Friday, November 15th at Lyme Art Association.

Get ready for a chamber ensemble for the 21st century. Come hear this virtuosic ensemble as they present two world premieres at MMModern!! And what a deal! For \$35 you not only get to enjoy

this fabulous show, but also included are appetizers and drinks starting at 5:30pm, followed by the concert at 6:30pm. MMModern typically sells out, so make your plans now!

While you're at it, Musical Masterworks has partnered with the Bee & Thistle Inn – right next door – to offer MMModern concertgoers a special Prix Fixe menu after the performance: Three-course Prix Fixe dinner for two with a bottle of wine for \$100! Call ahead to reserve your table. Sounds like the perfect local, cultural evening to me.

[Learn More & Buy Tickets](#)

What's New in Store? Velvet's Holiday Collection!



We've just received a beautiful assortment of dresses, blouses, jackets, and pants in rayon/silk velvet and satin that can be mixed and matched and worn dressed up or down.

The **crop wide leg velvet pant** is a winner either with the matching fitted jacket or worn more casually with a boxy sweater.

We love the **tie-neck blouses** that can be bow-tied or left open and loose. The **deep blue** is gorgeous!

The **cream satin blouse** is an easy piece to dress up a pair of jeans, with a bracelet-length sleeve and pretty shirring.

A **sexy dress in wine satin** can be tied at the waist or left to swing around and the **dotty vee neck rayon dress** is a holiday party go-to.

There's lots more in store:

1 North Main Street, Chester 860.322.3388

Email: **shop@theelist.com**

Store hours:

Monday - Friday 11 - 6

Saturday 10 - 6

Sunday 11 - 4

You can also shop the collection online here:

[Shop Online](#)



From The E List Events Calendar

November First Friday in Downtown Chester, 11/1

With a nip in the air, it's beginning to feel a little bit like the holidays in downtown Chester. Join the shops and restaurants as they roll out holiday collections, mini sales, and giveaways. [Read more...](#)

Annual Lyme Artists Sale at the Lyme Public Hall Association, 11/1 - 11/2

Don't miss this opportunity to get a jump on holiday shopping for local, handmade work by various Lyme artists including Ann Lightfoot, Georgiana Goodwin and more. [Read more...](#)

A MYTHIC SISTERHOOD is Launched, 11/9

Whether you're 30, 50 or 70, unlock the wisdom of your own inner Goddess. Do you recognize the charm of Aphrodite, the wit of Artemis or the courage of Athena in you? [Read more...](#)

Gentle is the New Advanced with J. Brown at Root Yoga, 11/15 - 11/16

Pursuing a quiet yoga revolution based in healing, J. Brown seeks to change the dialogue and direction of yoga practice in the West. Join for a one or two-part session of this breath-centered, therapeutic practice. [Read more...](#)

Looking for more to do? Find cooking classes, tailgate parties, open studios, and more on The E List events calendar:

[Browse the Calendar](#)

p.s. from Erica

Thinking about Paris for the holidays? [Click here for my list of favorite classic bistros.](#)

Save the Dates!

I hope you'll join us for our annual E List Girls' Night Out in Essex on **Wednesday, November 13th**.

And be sure to mark your calendars for **Guilford Girls' Night Out** on **Thursday, December 12th**.

[See Participating Shops in Essex + Details](#)

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