

the e list

An Excruciatingly Opinionated Guide to the Connecticut Shoreline

SHOP

CALENDAR

EAT

DISCOVER

TRAVEL


TOWN GUIDES



Here we go again! New Year, shiny new everyone! I've logged my own litany of resolutions, some the same as

always and a few newbies. But I read something so interesting in the other day. The gist was that your resolutions should make your life EASIER, not HARDER. Wow. So I thought hard about the things that I could change that might tweak some other bad habits down the road. The big one so far is a sleep ritual: no screens an hour before bed. On day four, I can say it's already eliminated my 3am wake-up and horrid pattern of middle-of-the-night rumination. (Why is everything so dire in the wee hours?). Less exhausted means a happier me, and that has an effect on everything I do and everyone around me. It's a start. Wishing you health and happiness in 2020 and beyond!

Love, Erica

 **The Williams School** GRADES 6-12
Independent • College Preparatory • Day School
on the campus of Connecticut College in New London



INFORMATION SESSION

January 12, 2020 | 1:00 - 4:00 PM

Register Today!



Here are some of our most popular posts from 2019 and beyond.



A Perfect Paris Holiday



12 Things I've Learned as an Entrepreneur



Butternut Squash Soup



How to Make a Grazing Table for Your Next Party



coolsculpting
 NO SURGERY • NO DOWNTIME
**SAVE \$150 Off
 First Area**
ESANA
 PLASTIC SURGERY CENTER & MEDSPA
 Call 203-453-2323 to learn more!



TONIC
 • BY WHOLE HARMONY •
 BOTANICAL HEALTH &
 WELLNESS BOUTIQUE
 PLANT MEDICINE
 MOCKTAIL BAR
 LEARN MORE
 1 MAIN STREET CHESTER



Over twenty of the best shops and designers on the Connecticut Shoreline will convene in a gigantic, empty retail space for the **Eleventh Annual Insane Insidewalk Sale!** It's a pop-up local shopping mall smack in the middle of Old Saybrook. You'll find an enormous selection of clothing, accessories, jewelry, gifts, home decor and MORE, marked down between 30 and 75% off (almost all merchandise is at least 50% off!). Snag great bargains AND keep your shopping dollars local!

**Save the dates, two days only:
 Friday, January 24th, 9:30 – 5:30pm**

Saturday, January 25th, 9:30 – 4pm

105 Elm Street (in the Old Saybrook Shopping Center, just a few stores down from Stop & Shop)

Admission: \$5

[See the List of Participating Vendors](#)

The Insane Insidewalk Sale is sponsored in part by:



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



Here's your chance at some serious spending cash for the sale!

[Enter the Contest](#)

WINTER SALE
25-50% OFF

*And join us for
Insane Insidewalk Sale
1/24 & 1/25

oneNMain
ESSEX

[VISIT 1NM](#)

Open House
January 26 • 1:00 - 3:30

Experience **STEAM**

Register Now!

The Country School
education that lasts a lifetime
PreSchool - Grade 8 • Madison, CT



Now is the time to snag big deals at The E List Shop!

Choose from our collection of select dresses at \$50 plus 30 to 60% off almost everything else.

New Winter Hours:

Wednesday - Friday 11 - 6

Saturday 10 - 6

Sunday 11 - 4

The E List Shop

1 North Main Street, Chester

860.322.2288

[**Shop Online!**](#)



Essex Dentist: Katrina A. Wall, DMD

With a strong commitment to treating patients as individuals rather than numbers, Dr. Katrina Wall will give you an attractive and healthy smile that will last a lifetime. After graduating from Tufts University School of Dental Medicine in 1997, Dr. Wall began her career in private practice here in Connecticut. She offers state-of-the-art treatments from implant restoration to whitening and cosmetic procedures in her bright and happy office in Essex. If your resolution is to focus on your smile, make an appointment today. Pediatrics services

available, too!

[Book an Appointment](#)

From The E List Events Calendar

Museum Theater: A Night of Merriment & Metamorphosis at the Florence Griswold, 1/12

Enjoy a unique outing filled with revelry, featuring Leslie Evans, Historian, and Director of the Avery-Copp House Museum in Groton. [Read more...](#)

“On Golden Pond” Performed Live at the Kate, 1/16

Come see Saybrook Stage Company's adaptation of the Academy Award-winning film (originally a play), part of The Kate's 10th Anniversary celebration. [Read more...](#)

Goodspeed's 15th Annual Festival of New Musicals, 1/17 - 1/19

Staged readings of three brand-new musicals plus several special events celebrating the best and brightest in musical theater from across the nation.

[Read more...](#)

Fire and Ice 2020 at Saybrook Point Inn, 1/17

Join in a winter tradition and celebrate the elements of the season with specialty cocktails, a raw bar, live music, dancing and more. [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 more to do? Find chocolate tastings, concerts, tacos, tequila, and more on The E List events calendar:

[Browse the Calendar](#)

CONNECT



[ABOUT ERICA](#) / [ASK ERICA](#) / [OUR WEBSITE](#) / [ADVERTISE](#)

Don't miss a list, sign up here:

[SUBSCRIBE](#)

VISIT OUR CLOTHING SHOP!

1 North Main Street

SHARE



[Manage](#) your preferences | [Opt out](#) using TrueRemove™

Got this as a forward? [Sign up](#) to receive our future emails.

View this email [online](#).

P.O Box 5
Old Lyme, CT | 06371 US

This email was sent to .
To continue receiving our emails, add us to your address book.

emma®

[Subscribe](#) to our email list.