

the e list

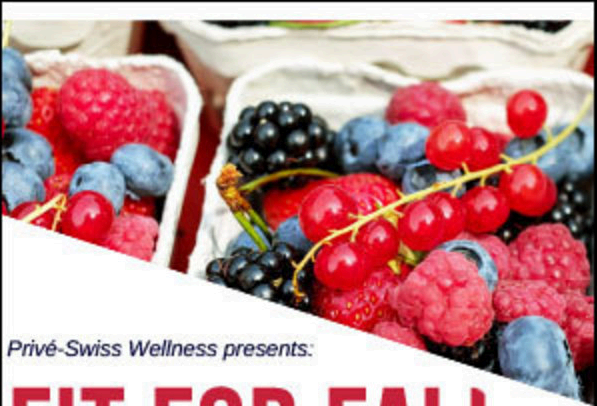
An Excruciatingly Opinionated Guide to the Connecticut Shoreline

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I NEVER thought I'd say this. I miss Halloween. I was the mom who was panic-struck; throwing

together a rather sad costume at the very last minute. It was one of those holidays that always seemed to sneak up on me, while all the other moms had it DOWN; with perfectly carved pumpkins, spooky decorations, and hand-made costumes. Lucky for me, my daughter preferred to hand out treats rather than schlep all over the neighborhood! But now that she is well past trick-or-treat, I yearn a bit for this mid-autumn celebration that's mainly about two things: community and candy. Not so bad, after all. We've included a round-up of Halloween events to add to your calendar and some other fun fall-ish things on this list.

love, Erica



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Presented by Brigitta Jansen, MS, CN
Monday Evenings
Starts October 17th | 6:00pm-7:30pm

[get the details here](#)

Privé-Swiss Fitness | Wellness, 1587 Boston Post Road, Westbrook
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Farm Fresh To-Go at La Belle Aurore, Niantic

We expect most fine dining restaurants in the area to support our local farms, but the idea is gaining ground with more casual spots. One of the first eateries to embrace the farm-to-table philosophy is La Belle Aurore. This beloved Niantic restaurant has been serving...

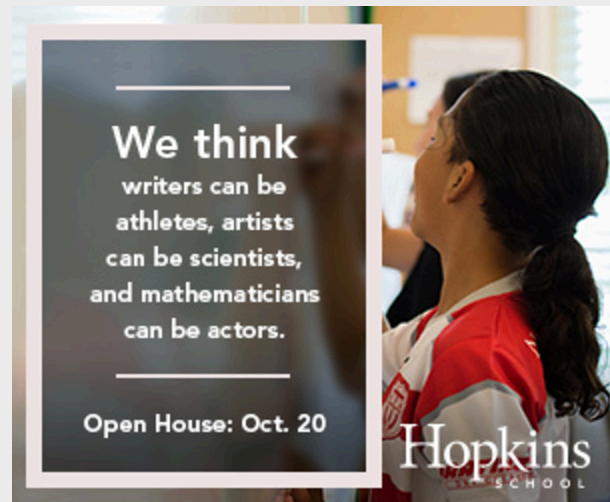
[See Pix](#)



More and more of us are choosing to eat less meat, if not for our health, then for the environmental impact. I feel better about buying ours from a local family farm right here in Old Lyme. Just in time for cozy autumnal comfort foods...



[Read More](#)



Spotted: Faux & Cozy at Grace

Those master merchandisers at Grace have stocked the store with all things cozy for fall. Among the stacks of plaid scarves and duster sweaters you'll find a strong assortment of faux fur, just the thing to take us from apple-picking through snow-man making season...

[Get the Details](#)



Halloween Events 2019

Here's our roundup up of fun for this All Hallow's Eve.



[See the List](#)

What's In Store: Fall Staples

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The weather is finally full-on Fall and we've got just the right pieces for your wardrobe: these high-waisted washed black jeans in a straight leg with a super flattering vee yoke from 3x1, pair perfectly with Bella Dahl's subtle and soft plaid with a raw-edge and just the right amount of feminine flair. We've got jeans for every shape and size and plenty of cozy tops and sweaters. Come visit us in our store in Chester or shop online.

[Shop the Look](#)

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Email: shop@theelist.com

Store hours:

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From The E List Events Calendar

Salt Marsh Opera Presents: Pagliacci, 10/11 - 10/20

A masterful blend of humor, romance, and violence, performed at two unique venues, Pagliacci has delighted audiences for years. [Read more...](#)

Second Saturday: What Everyone Needs to Know about Divorce Workshop, 10/12

Offering support, information, and hope as you transition into and through the often stressful divorce process. [Read more...](#)

Niantic Bay Oyster Festival, 10/12

Enjoy local oysters, live music, food and beer, kid's activities, cornhole and a chance to win one of several great prizes at a golf ball drop. [Read more...](#)

A Night of Beauty Advice at the Pine Orchard Country Club in Branford, 10/17

Learn about the latest techniques to have you looking your best from a board-certified plastic surgeon, and have a chance to win a variety of valuable raffle prizes. [Read more...](#)

St. John's Episcopal Church 77th Annual Rummage Sale, 10/18 - 10/19

Treasures await at the 77th Annual Rummage Sale in downtown Essex. Find

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art, clothing, jewelry, furniture, and make a bid (or several) at the silent auction. [Read more...](#)

Foliage Cruises on the Connecticut River, thru 10/28

Experience the changing Fall foliage, see resident and migrating wildlife, learn about the history, ecology, and beauty of the lower Connecticut River aboard the RiverQuest. [Read more...](#)

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

[Browse the Calendar](#)

p.s. from Erica



In Case You Missed It:

We shared barefoot gardeners and wee faeries on last week's list. [Click here to read it.](#)

[Read the List](#)

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