

the e list

An Excruciatingly Opinionated Guide to the Connecticut Shoreline

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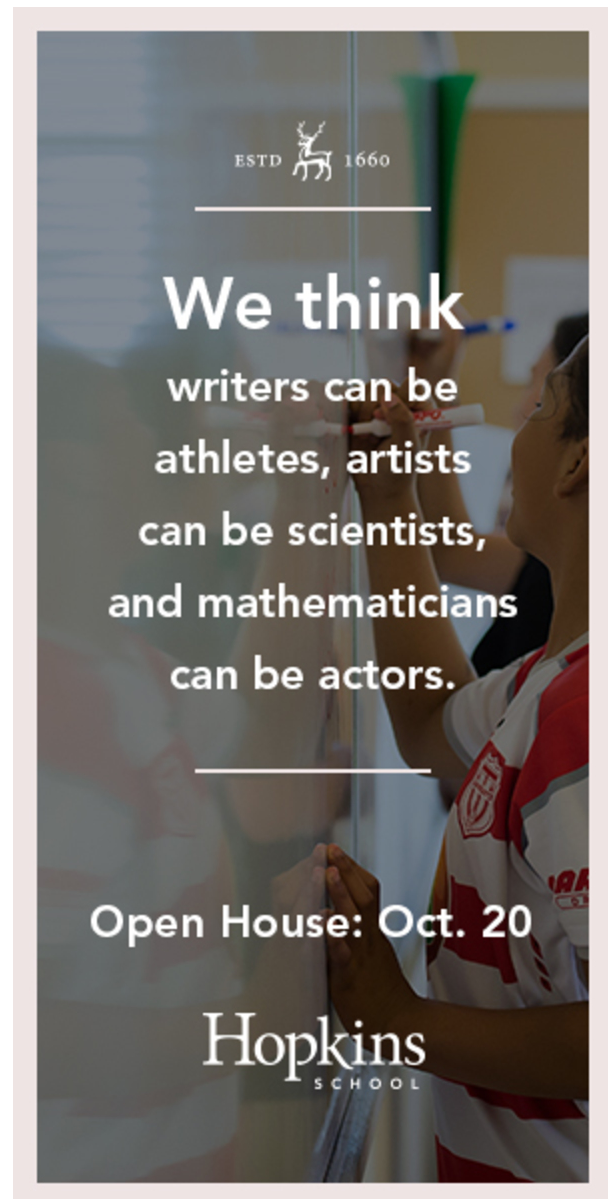
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Hope you all managed back-to-school and (for those of us empty-nesters) apres Labor Day, happily. I have, mainly thanks to my Happiness Planner. Not that I'm sad, but the last nine months of crazy (buy a building, renovate it, open a store, pneumonia (!), all while keeping my day job), pushed me into a constant cycle of worry and, worse, complaining ALL. THE. TIME. I bought the Happiness Planner on a whim a few years ago and never cracked it open. In a recent bookshelf re-organization, there it was, and I decided to give it a go. Like any change of habit, this journal forces you to plan for happiness in your every day. And, guess what? It works. Nothing wrong with a few inspirational quotes and a daily reminder about how many things in my life are pretty wonderful. So for September's Self-Improvement month, I'm sticking to happy. I've got a few other areas that require improvement, but this is good for now. Love, Erica
p.s. Find out more about the Happiness Planner below.





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TO STUDENT SUCCESS

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Back-to-School for Grown-Ups

Back-to-School season is not just for kids! The Shoreline offers an exciting array of adult educational opportunities. I'm constantly bookmarking on and off-line classes I'd love to take (from How to Finally Write That Book (ha!) to Understanding SEO (more likely)...

[See the Classes](#)



Restylane & Dysport

\$100 off
1ml Restylane
+ 1 area Dysport!

\$50 off
1 area of Dysport!

Limited offer, cannot be combined.

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COVE CAKES

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organic
hand-crafted*

more cake

Links We Love

A few things that have caught our eye on the worldwide interwebs:



[Get the Links](#)

pure barre guilford *Parking Lot Party*
September 14th | Guilford Commons Plaza Exit 57 | 11 - 4

Food Trucks
LIFE BOWLS
Los Marachs on Wheels
Mizzi Brain Freeze Bar
Sultan Kebabs
Sugar & Spice
Shoreline Prime

Live Music By
Off the Record

FREE Workout Classes
10am HIIT
11:30am Pure Empower
1pm Pure Barre Classic
2:30pm Pure Empower

Donation Beer Tent To Benefit:
ARMADA
THIMBLE ISLAND
BLACK HOG
DOW VIG
SARAH FOUNDATION

Four Mile River Farm

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124 Four Mile River Road, Old Lyme | 860.434.2378

fourmileriverfarm.com



Fall Fairs, Festivals & Events

Here's a list of events we're looking forward to this Fall...

[See the List](#)

FLUTTERBY is celebrating
20 Years!

Stroll the
Guilford Green
and come shop
our beautiful store!

VISIT

55 WHITFIELD STREET
203.458.1941

A woman with blonde hair, wearing a grey long-sleeved top with patterned sleeves and blue jeans, stands in front of a white building with horizontal siding.

Create the
life you want
to live.
get started ▶

CP.
Caryn Paradis
Interior Design

A modern bedroom interior featuring a large bed with a grey tufted headboard and a matching bench at the foot. The room has large windows with light-colored curtains and a wooden floor.

**Feeling Fallish! Join us on First Friday, September 6th,
from 5 - 8pm for sparkling rosé, a browse through our new
Fall Collections, and happenings in all the shops and
galleries in Chester.**

1 North Main Street, Chester 860.322.3388

For more info shop@theelist.com

Store hours:

Mon - Wed: 11 - 6, Thurs - Fri: 11 - 6:30 (this Fri from 5 - 8pm)

Saturday 10 - 6:30, Sunday 10 - 4

Visit us during Chester Sunday Market (10 - 1)!

Shop Online

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Middlesex Tree

If a hurricane were to hit tomorrow, are you ready? Derek Babineaux, owner of Middlesex Tree LLC, highly recommends completing pre-storm tree maintenance now — prior to storm formation. Derek is a well known local Arborist that specializes in technical climbing, crane work, and hazardous tree removals. Derek strives to always

maintain tree health first, however; over the past two years, there has been an influx in tree death. Compromised trees are extremely dangerous especially in poor weather conditions and high winds. Middlesex Tree LLC is a small family-owned business that is passionate about tree care. Derek is personally on every job. Please call him directly at **860-339-5605** should you need an evaluation or estimate. Visit www.middlesex-tree.com or [on facebook](#).

Visit middlesex-tree.com

50% off Spa Services at The Spa at Water's Edge Resort, thru 9/6

Indulge yourself (this week only!) in 50 or 80-minute spa services at 50% off.

[Read more...](#)

The 7th Annual Taste of the Shoreline on the Guilford Town Green, 9/7

Enjoy food trucks, crafters, entertainment. plus family-friendly activities, games, shopping, and live music at this annual event on the Guilford Green. [Read more...](#)

Launch + Re-commissioning of the Mayflower II at the Mystic Seaport Museum, 9/7

Be a part of the celebration at the country's largest Maritime Museum and witness history in the making. [Read more...](#)

TrueForm Studio Open House: Free Classes, 9/8

Treat yourself to a morning of free studio classes plus specials and samples from Java Hut. [Read more...](#)

Fall Classes, Exhibits and Events at the Lyme Art Association, 9/9 - 11/15

Immerse yourself in an art-filled autumn at this vibrant art center with Fall classes, en plein air workshops, lecture series, exhibits, and more. [Read more...](#)

Composition No. 1 Wine Release at Chamard Vineyards, 10/19

Explore the beautiful grounds and vineyard and enjoy exclusive tastings, live music, wine cellar tours, and hors d'oeuvres at this unique Fall event. [Read more...](#)

Looking for something to do? Find corn mazes, lobster fests, special discounts, and more on The E List events calendar:

[Browse the Calendar](#)

p.s. from Erica

We shared secrets of Westerly, RI on last week's list. [Read it here.](#)

Find out more about the [Happiness Planner here.](#)

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