

the e list

An Excruciatingly Opinionated Guide to the Connecticut Shoreline

FUN

CALENDAR

EAT

DISCOVER

TRAVEL

TOWN GUIDES

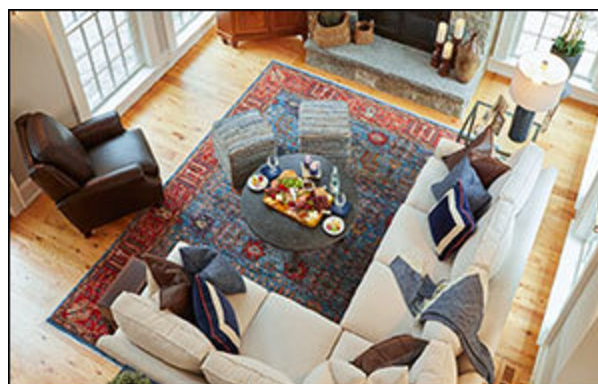


If you're in back-to-reality mode this Fall, we've got a whole list of inspiration for you this week!

We're partnering with Retirement Transformed for a

week-long challenge (and no, you don't need to be heading into retirement to take advantage of this transformational workshop). If you've over-indulged this summer (me!), we're also excited about our favorite nutritionist's 6-week Health and Fitness Total Refresh to get us back on track. Considering a career pivot? We've got you covered there, too, with an upcoming seminar from our friends at Camp Reinvention. And if your teens are stressing out, we've tapped therapist Portia Pendleton for some advice.

Love,
Erica



[SH]

SAYBROOK HOME

EST. 1977

[CLICK TO EXPLORE](#)

Your Home & Wardrobe, Elevated



**p.s. Spread The E List love!
Please forward to friends
and family.**

ball
in love with
your skin

CHECK OUT OUR
SEPTEMBER SPECIALS

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GOODSPEED MUSICALS

Grand Night
for
Singing

A CELEBRATION OF
RODGERS & HAMMERSTEIN

BEGINS
FRIDAY!




Curated Giftables at MW Coastal Goods, Noank

There's so much to love about MW Coastal Goods in Noank. Located on the docks of the Noank Shipyard (a stone's throw from Abbott's and Costello's), this gem of a boutique is carefully stocked with a myriad gifts inspired by the sea...

[See All the Gifts](#)

Ella
WHERE SHE SHOPS

HOBONOTARY

ON THE GUILFORD GREEN



We are so excited to welcome back



Los Charros

30 MAIN STREET in CENTERBROOK

Retirement Transformed 7-Day Challenge with The E List

I am not retiring any time soon; I love what I do despite the challenges of the last year and a half. But, as an entrepreneur, I'm always thinking about what lies ahead...



[Take the Challenge](#)



Sign Up for a 6-Week Health & Fitness Total Refresh

Kara Pachniuk is our go-to nutritionist when we feel the need to get back on track. We love her sane approach to eating, where nothing is off-limits, but through gentle coaching and positive feedback, she'll develop a plan that works for you...

[Learn More Here](#)



Four Ways to Lower Stress For You and Your Teens This Fall

After a summer of fun, we're all back to nose-to-the-grindstone and it feels **STRESSFUL!** We reached out to local therapist Portia Pendleton for some suggestions on how to keep things calm at home...



[Read More](#)



Fall Things To Do

We gathered a slew of things to keep you busy this Fall.



[Read It Here](#)

Sponsored Story

Introducing: The Better Rhodes Showroom

Better Rhodes is thrilled to open the first and only Alcohol-Free & Non-Alcoholic bottle shop, tasting room, and community spot in New England.



At Better Rhodes, we offer the largest selection of non-alcoholic beverages and are passionate about giving healthy, mindful choices to everyone, and making alcohol-free fun, great-tasting, and accessible. Have you been wondering what this whole alcohol-free thing is all about? This is the perfect chance to come and experience it all!

Join us for the Grand Opening Celebration on Thursday, September 30th, anytime between 4-7pm! Enjoy product tastings of Alcohol-Free wines, beers, spirits and cocktails - We'll have tasty and healthy food offerings, and live music. Meet the entire Better Rhodes Team.

Just in time to stock up if you're going Sober for October!

Visit [Better Rhodes Showroom](#) page for more info.

Better Rhodes Showroom - 175 Fort Path Road, Unit 209, Madison

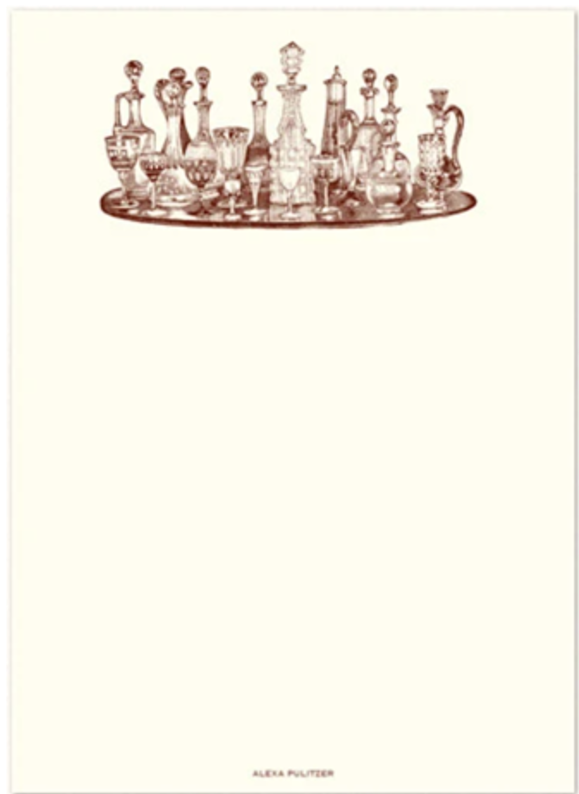
*A Note From Erica: **I love this drink with seltzer.** It's like an Aperol Spritz and only 25 calories.*

[Visit Better Rhodes](#)

Spotted!

My friend and brilliant stationer, **Alexa Pulitzer**, is donating 20% of online sales to New Orleans-based charities (including Second Harvest Food Bank, Cajun Navy, and **ResQue.org**) during the month of September. A great time to stock up on notecards, beverage napkins, notepads, and a bevy of gift items and do a good deed at the same time. I adore her illustrations!

[See more here.](#)



In case you missed it:

Last week we wrote about fresh Fall exhibits (inside and out) to add to your Fall things-to-do list.



[Read It Here If You Missed It](#)

From The E List Events Calendar

Guilford Performing Arts Festival, 9/25 - 9/26

Enjoy live music, dance, and theater performances and workshops on the Guilford Green during this exciting festival. [Read more...](#)

The Madison Stock Exchange's 16th Anniversary Sale, 9/24 -9/26

Celebrate Madison Stock Exchange's Anniversary with 20% off everything. [Read more...](#)

Friends of the Guilford Library 39th Annual Fall Book and Bake Sale, 9/24 - 9/26

Peruse (mostly outdoors) a generous selection of gently used books, paper ephemera, DVDs, puzzles, and more. [Read more...](#)

Eileen & Taylor / Nautical Needles Fall Fabric Sale, thru 9/30

Enjoy 30% off all orders of booked fabrics of 5 yards or more. [Read more...](#)

Personal Development Workshop at The Hive, starts 10/5

Life Coach Heather Skaanning shares tools, strategies, and resources, to help move forward in your life. [Read more...](#)

Looking for more to do? Find workshops, concerts, yoga classes, and more on The E List Calendar:

[BROWSE THE CALENDAR](#)

p.s. from Erica

Ready for a CAREER CHANGE this year?

Whether you're pivoting to a new position, new industry, or new business...

There are 3 things you'll need to be successful.

My friends, Dana Hilmer and Wendy Perrotti of **Camp Reinvention** are offering a free talk about the 3 most effective strategies to get clarity, lift off and get traction on your professional pivot - FAST. [Find out more here.](#)

If you received this from a friend and would like your own weekly guide to the best of the Shoreline, [subscribe here.](#)

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