

# the e list

An Excruciatingly Opinionated Guide to the Connecticut Shoreline

[SHOP](#)
[CALENDAR](#)
[EAT](#)
[DISCOVER](#)
[TRAVEL](#)
[TOWN GUIDES](#)


Father's Day in my house is a bit of a quandary, but this year I had it figured out. My husband is picky-picky-picky:

prefers to own a dozen (or more) identical shirts, trousers are the same story, has a drawerful of socks (many with tags still on), and all the fancy facial products I purchase for him are relegated to the back of the under-sink. He does have quite a back stock of CeraVe because, you know, CVS MAY run out one of these days. On a recent vacation, he lost his beloved 15-year-old bucket hat from Lenny & Joe's. The guy doesn't leave town without it. But, NO, Lenny & Joe's has restocked with the more popular Trucker, and he would NEVER wear that. So back to square one. We've gathered a few ideas on this list.

Privé

Swiss

Fitness

SUMMER STUDENT SPECIAL

3 MONTHS UNLIMITED CLASSES

\$149

\*Excludes Pilates Equipment

WESTBROOK MADISON

[www.PriveSwissFitness.com](http://www.PriveSwissFitness.com)



## A New Lounge at Grano Arso, Chester

Here's a secret I'd rather keep to myself: the new speakeasy at Grano! You'll find this elegant space, bathed in blue velvet and gold leaf, through the door to the left of the bar. It's got a chic and urban feel smack in the middle of Chester...

[See More Pix](#)



How About a Hot Shave for

## Father's Day? Gentlemen's Barber Shop in Old Saybrook

Hankering for a hair-cut in a good old-fashioned barbershop? There's a new one in town, but old-fashioned doesn't exactly describe it. The airy space sports bright red leather chairs, wide screen TV's, and (free!) craft beer...



[Read More](#)

An advertisement for Denali Outdoor. It features a man in a grey jacket and a baseball cap, holding a fishing rod, with a young child in a red life vest sitting next to him on a boat. The background is a body of water. The text reads: "What's better than an adventure with Dad? Gift an experience this Father's Day, we can help you prepare!" and "BRANFORD | OLD SAYBROOK". The Denali logo is in the bottom right corner. The website "DENALIOUTDOOR.COM" is in the top right corner.

An advertisement for Esana Plastic Surgery Center &amp; Medspa. It features a man and a woman smiling. The text lists services: "Ultherapy", "CoolSculpting", "Botox / Fillers", "Face / Breast / Body Surgery", "Medspa Services", and "Esana Skincare Line". The company name "ESANA" is prominently displayed, followed by "PLASTIC SURGERY CENTER &amp; MEDSPA". The names of the doctors, "DEBORAH PAN, MD" and "JAVIER DAVILA, MD", are listed, along with the website "EsanaMedSpa.com" and the contact information "Gulford 203-453-2323 New Haven".



## Host-ess Gifts & Housewarmings: Hope & Stetson, Old Saybrook

Hope & Stetson, of Mystic and West Hartford, is turning into a mini locally-owned chainlet and just opened an adorable offshoot in Old Saybrook. This one is not their usual mix of women's jeans, tees, and cashmere, but a gift store that will likely...



## Spotted: In the Perfect Gift Department...

We found these genius decoupaged trays at Market in Essex. A wedding, anniversary or milestone invitation, favorite child's drawing, or any ephemeral keepsake can be preserved for posterity and for all to see in this lovely catch-all. Delivery within two weeks, so you've got time for June weddings!

[Visit Market](#)



## Sponsored Story



## Middlesex Health Makes You a Top Priority

Fighting cancer isn't easy, but it helps to know that you are getting the best, most personalized care from a highly-skilled team of medical professionals who treat you like a person—not a number.

Accredited by several leading organizations, Middlesex Health Cancer Center uses the latest technology to diagnose and treat patients. The center's nurse navigator program provides specially trained advance practice nurses who guide patients through the treatment and rehabilitation process.

The Cancer Center strives to provide individualized, comprehensive services to every patient, family and caregiver. These services include, but are not limited to, survivorship care, integrative therapies, support groups and transportation assistance.

In addition, Middlesex Health is a member of the Mayo Clinic Care Network, allowing Middlesex physicians, and their patients, access to the world-renowned cancer experts at Mayo Clinic.

Middlesex Health Cancer Center has locations in Middletown and Westbrook. For more information, visit [www.MiddlesexHealth.org/cancer](http://www.MiddlesexHealth.org/cancer).

[Learn More](#)

## From The E List Events Calendar

### **Ladies' Sip and Shop, 6/20**

Find drinks and discounts in Chester's downtown shops, galleries, restaurants, and more. Come join us at The E List shop for this event sponsored by the Chester Merchants. [Read more...](#)

---

### **10th Anniversary Appetite for Life Shoreline Party, 6/12**

Attend a Shoreline party for Appetite for Life at Luigi's Restaurant in Old Saybrook and support Middlesex Health's Cancer Center by dining at a participating restaurant during the month of June. [Read more...](#)

---

### **Essex Summer Arts Festival on the Town Green, 6/15 - 6/16**

Find fine art, ceramics, jewelry and more by exhibiting artists from around the tri-state area. [Read more...](#)

---

### **Guilford Art Center Presents Artwork of Chef Jacques Pepin in Gallery Exhibition, 6/21 - 7/21**

View original painting and prints by Jacques Pepin in his latest exhibit "The Artistry of Jacques Pepin" at Guilford Art Center. [Read more...](#)

---

### **Spring Cooking Classes at Weekend Kitchen, thru 7/12**

Learn how to cook seasonally at one of Weekend Kitchen's spring cooking

classes, including Spring Clean(s)ing, Magical Moroccan Springtime, Jam Session, and Burger Night. [Read more...](#)

---

Looking for more to do? Find local theater, gym specials, wine dinners, and more on The E List events calendar:

[Browse the Calendar](#)

**p.s. from Erica**

Still stumped for Father's Day ideas? Here's a helpful list of nautical fun from our archives. [Click here to see it.](#)

---

In case you missed it: Our latest summer favorites from The E List Shop plus our Insider Program on last week's list. [Click here to read it.](#)

---

**Come see us at the shop:**

**1 North Main Street 860.322.3388**

**[www.theelistshop.com](http://www.theelistshop.com)**

**Hours:**

**Tuesday & Wednesday 11 - 5**

**Thursday & Friday 11 - 6**

**Saturday 10 - 6**

**Sunday 11 - 4**

Shop The E List

## 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  
Chester, CT  
860.322.3388

## 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.