

# the e list

An Excruciatingly Opinionated Guide to the Connecticut Shoreline

CALENDAR DEALS EAT SHOP TRAVEL TOWN GUIDES



September is Self Improvement Month and we're sliding in under the wire with some tips from local experts. Ignoring Labor Day, I keep summer going until its actual conclusion, but now it's time to head indoors and face facts. How did my fridge become a repository for nothing but condiments (six jars of mustard!)? It's begging for a good scrubbing. And I guess it's time to pack away the short sleeves and white pants. My inboxes (digital and actual) are overflowing. I'm on the attack and if you are, too, here's some encouragement and inspiration.

Love, Erica

**Season Opening Performances**  
Join us as we begin our 28th season!  
**October features Dvořák, Fauré and more.**

**Saturday**  
October 6, 2018 at 5:00 pm  
**Sunday**  
October 7, 2018 at 3:00 pm

at the  
**First Congregational Church of Old Lyme**

Season subscription: \$150  
Mini subscription: \$100  
(Your choice of any three concerts)  
Individual tickets: \$40 | Student: \$5

---

**MMModern**  
Experience contemporary chamber music  
Featuring **Quinteto Latino**

**Friday**  
November 9, 2018 at 5:30 pm

at the  
**Centerbrook Meetinghouse**

Learn about our special post-concert dinner available at The Essex's sister restaurant in Centerbrook!  
LGS Charros

Individual tickets: \$35  
Students: \$10

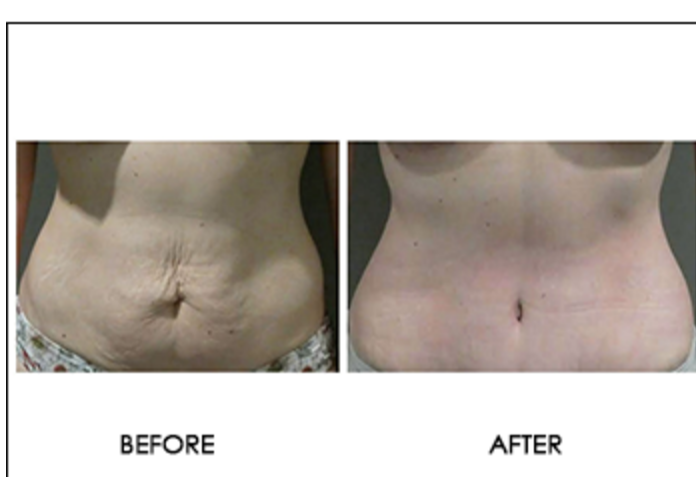
Click to learn more and to **PURCHASE TICKETS**

**Privé Swiss Fitness**  
LUXURY STUDIOS · EXPERT INSTRUCTORS  
privesswiffitness.com 860.391.8735

**INTRO SPECIAL \$59**  
ONE MONTH OF UNLIMITED CLASSES  
WESTBROOK · MADISON

**FALL IN LOVE**  
WITH  
CHATFIELD HOLLOW INN

[Read More](#)



## Esana Plastic Surgery Center and MedSpa

Dr. Deborah Pan answers our burning questions about aesthetic treatments and aging plus a BEFORE and AFTER testimonial from a member of our team.

[Read the Q&A](#)

Now available at  
**Ella**  
WHERE SHE SHOPS

shop ella

**CULTIVATE KINDNESS**

OPEN 7 DAYS | GUILFORD GREEN

FINE ART  
EST. 2016

**curated**  
& LUXURY GOODS

## Ellen Gets It Done & Real Simple Book Giveaway

Real Simple just came out with a new organizing tome, and our good friend and expert organizer, Ellen Madere, is a contributor. What I like about this book is the concrete advice: exactly where to donate outdated denim and well-worn sneakers...



[Read More + Enter the Giveaway](#)

Let us be a part of your Happily Ever After

**willow & birch**  
Simon Pearce · DemiLune · Costa Novo · More  
36 Wall Street, Madison, CT

Explore Beautiful Unique Collections For Your Home  
Learn more about our bridal registry here: willowandbirchhome.com

**CREATIONS.**  
SEEK THE UNIQUE

CREATIONSMADISON.COM

712 BOSTON POST ROAD  
MADISON  
203.245.0164

Voted Best Gift Store on the E-list's 2018 Readers' Poll



## Bright Line Eating

Too many hot dogs (yup, I love 'em) and midweek socializing does me in during the summer. I ALWAYS gain a few pounds. Heavier winter clothes don't help the situation, so I usually turn to a few weeks of Bright Line Eating. This plan is mainly geared to folks who are looking to lose a...

[Learn More](#)

THE WESLEYAN INSTITUTE FOR LIFELONG LEARNING

Indulge a long-forgotten passion or take a refresher on a much-loved subject. These convenient short-term courses will challenge and inspire you. **CURIOSITY IS AGELESS.**

wesleyan.edu/will

WESLEYAN UNIVERSITY

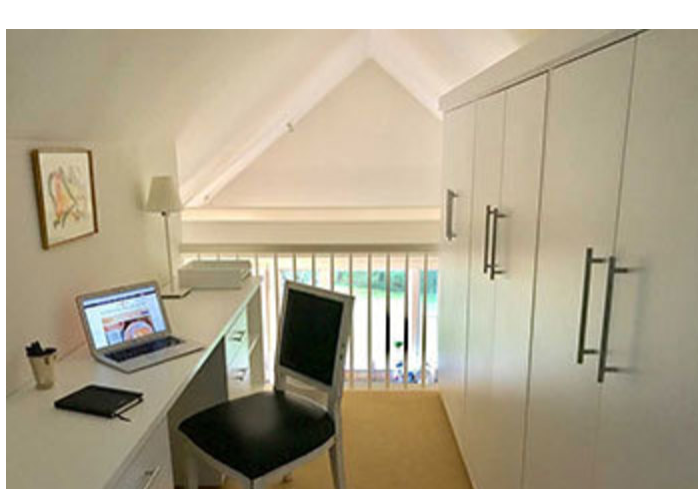
CIVIL RIGHTS: CIVIL WRONGS  
SATURDAY, OCTOBER 6

**robinzingone.**

SHOP!

## A Transformation With California Closets

We all have that one ginormous project that when we finally get around to it, changes our life (sort of). Mine was my daughter's little "office" attached to her bedroom. After ignoring the mess for a full three years, finally, during her junior year...



[See the Transformation](#)

### Sponsored Post



## JUL Yoga is excited to announce NEW classes and a fresh fall schedule starting October 9th!

JUL Yoga class flows are energized and lively or relaxing and meditative for whatever you are craving. Specialty classes like the evening 'Candlelight Flow' will clear your mind, while the Sunday morning head massages will keep you peaceful all week long. The new 'Get Up & Flow' early morning class will have you feeling like a queen (or king) with up-beat music and vibrant flows taught by owner and Kripalu trained yogini, Julia Balfour.

Their convenient spa-like mat set up and welcoming setting create a joyful studio for every BODY, no matter where you are in your yoga practice.

Fall calls for fresh starts and self-love. JUL Yoga's boutique-feel paired with the updated schedule gives you an experience as unique as you are and brings you exactly what you need during your busy week.

[See the Schedule](#)

**p.s. from Erica**

## Epicurian Weekend Experience at Madison Beach Hotel

Madison Beach Hotel will feature four top chefs this weekend for an indulgent dining experience including cocktails, a five-course dinner with signature chef-created plates, plus live Boss Nova and more. [Click here to learn more...](#)

## Here's a good one: Simplify Magazine

From happiness to health, and decluttering to impulsive shopping, [this online journal is packed with thoughtful writing and inspiration.](#)

Looking for something to do? Find chowder festivals, lots of concerts, farm dinners, and more on the E List events calendar:

[GET THE CALENDAR](#)

### CONNECT



ABOUT ERICA / ASK ERICA / OUR WEBSITE / ADVERTISE

Don't miss a list, sign up here:

[SUBSCRIBE](#)

### SHARE



Manage your preferences | Opt out using TrueRemove™  
Got this as a forward? Sign up to receive our future emails.  
View this email online.

PO Box 5  
Old Lyme, CT | 06371 US

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

emma