

# the e list

An Excruciatingly Opinionated Guide to the Connecticut Shoreline

- CALENDAR
- DEALS
- EAT
- SHOP
- TRAVEL
- TOWN GUIDES



Sometimes I wonder if there's a correlation between national disasters and

Pinterest use. I used to be glued to the TV when horrible things happened: mass shootings, hurricanes, 500-year floods. But these days they occur all too regularly. So I turn to Pinterest. It's hard to get lost in a novel when you need a distraction desperately, almost too much for the brain, but aimlessly pinning pretty pictures of houses you want to live in or recipes you want to make seems to do the trick. At least for a bit. My heart goes out to the victims of the Pittsburgh massacre and their community. And, well, everybody else. Enough.

INFINITE BEAUTY

STUNNING INTIMATE APPAREL DESIGNED FOR THE SPECIFIC NEEDS OF THE WOMEN POST BREAST CANCER TREATMENT

\*available at Lulu's in Guilford

LEARN MORE

OCEAN HOUSE  
WATCH HILL, RHODE ISLAND

Artist Haley Perry

ARTISAN IN RESIDENCE  
NOVEMBER 9 - 11  
Receptions, Workshops & More

CLICK FOR INFO

Swish

MICHAEL STARS  
CP SHADES • JOHNNY WAS  
VELVET • SANCTUARY

more swish

57 Whitfield Street Guilford



### Flower Parties with Mar Floral

Here's what I can't do: arrange flowers. As a matter of fact I'm pretty bad at all crafts, and believe me, I've tried plenty (leaden ceramics and stencils come to mind). But when I heard that my favorite florist was giving lessons, I signed right up. Marlee arrived at The E List office with buckets of blooms...

See More Flowers

TREAT YO TEETH

Katrina A Wall  
Essex Dentist

LEARN MORE

threetrees

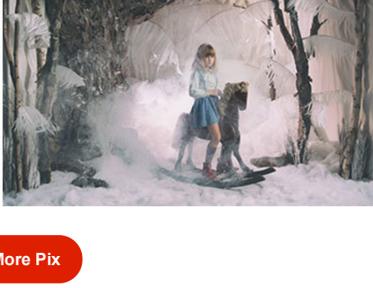
DESIGN • FURNISH • LIGHT • CREATE

view website

149 Boston Post Road, Suite B, Old Lyme

### A Winter Wonderland Holiday Photo Shoot with Adrien Broom

On the hunt for a show-stopping holiday card this year? Here's an idea: renowned photographer, Adrien Broom, famous for her fantastical fairy tale installations, has set up a Winter Wonderland in her studio in New Haven and you can corral the kids (or...



See More Pix

wooden ships  
PAOLA BUENDIA

NOW IN STOCK AT

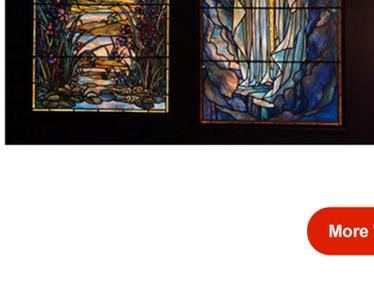
the N Main  
ESSEX

VISIT

Purchase the FLEX10 program, get 2 visits for FREE.  
Offer expires 11/30/18

LEARN MORE

SEA SLIM  
NUTRITION • WEIGHT LOSS



### Louis Comfort Tiffany in New London, a New Permanent Exhibit at The Lyman Allyn Museum

How did Tiffany become a household name and mammoth brand? While you won't find any blue boxes at Tiffany in New London, a new permanent exhibit at the Lyman Allyn Art Museum, you will see the ...

More Work

Feast without the Fuss

the MARKETPLACE  
AT GUILFORD FOOD CENTER

catering@themarketplaceguilford.com (203) 689-5414

the french hen

14 main street chester  
860.526.1406

### Winterizing your Family: Integrative, Evidence-Based Tips to Stay Healthy During Cold and Flu Season

Chester Pediatrician Dr. Lizzie Bird has shared some tried and true advice for the winter ahead.



Read Dr. Bird's Tips

### Sponsored Story

MMModern, by Musical Masterworks

November 9th

Quinteto Latino @ Centerbrook Meetinghouse

Click to learn more and for tickets

### MMModern, By Musical Masterworks

Musical Masterworks is taking its show on the road for the first time – heading across the river to Centerbrook Meetinghouse for its MMModern series of contemporary chamber music, featuring Quinteto Latino on Friday, November 9th.

You're in for a treat – Latin American music performed by the sumptuous voices of a wind quintet: flute, oboe, clarinet, French horn, and bassoon. And what a deal! For \$35 you not only get to enjoy this magnificent show, but also included are appetizers and drinks starting at 5:30pm, followed by the concert at 6:30pm. The first two MMModern performances sold out last season, so make your plans now.

While you're at it, Musical Masterworks has partnered with Los Charros Cantina at The Essex – practically next door – to offer MMModern concertgoers a special \$40 Prix Fixe menu after the performance; call ahead to reserve your table. Sounds like the perfect local cultural evening to me.

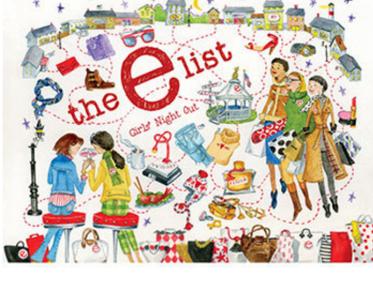
Purchase Tickets

### p.s. from Erica

### Save the Dates for our Girls' Nights Out!

We've got two Girls' Nights Out in the works this season and I hope you'll join us for both! It's FREE and FUN!

Join us in **Essex on November 14th** and **Guilford on December 6th**. Support our local businesses AND get a head start on holiday shopping! Mark your calendars and tell your friends...



Details for Essex

Details for Guilford

The E List Girls' Nights Out are sponsored in part by:



SHARE

Don't miss **New Haven Restaurant Week!** Dine at over 30+ of downtown New Haven's diverse restaurants, featuring \$17 lunch and \$34 dinner fixed price multi-course menus from November 4 – 9. See some of our **favorite restaurants in New Haven here!**

Looking for something to do? Find cooking classes, concerts, food festivals and more on The E List events calendar:

GET THE CALENDAR

### CONNECT

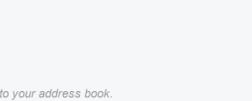


ABOUT ERICA / ASK ERICA / OUR WEBSITE / ADVERTISE

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.

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.

