



The end of summer is always bittersweet, but of course, even more so this year. We've been

so lucky that the virus has been mainly controlled in Connecticut and has allowed us to enjoy some outings that are prohibited elsewhere in the U.S. With the uncertainty of what is to come this fall and winter, it's high time to start scratching off your summer bucket list, and that's exactly what I did last week. I spent a morning wandering through a magnificent (and socially distanced) exhibit, followed by a lobster lunch by the river, and a breezy afternoon Stand-Up pedaling on Smith Cove. Let's cling to every happy moment we can before summer ends.

Love,  
Erica

P.S. 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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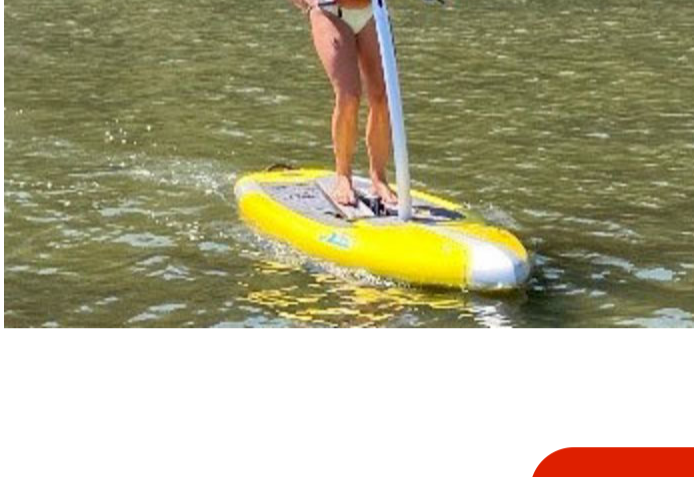
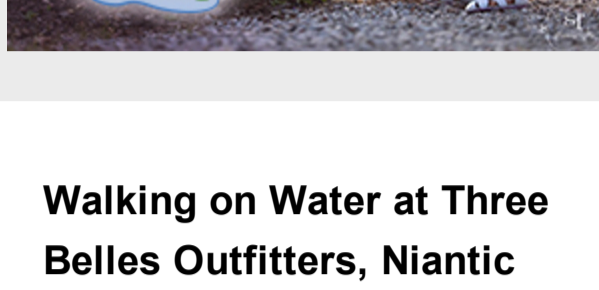
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### Walking on Water at Three Belles Outfitters, Niantic

When Stand Up Paddle became a thing, I was determined to give it a go. And I did, for several years until my shoulder gave out. Even with rotator cuff surgery well behind me, my enthusiasm for the sport waned. It seemed more like work than fun. But I loved the feeling of freedom...

[Watch the Video](#)

**Ella**  
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STONINGTON Vineyards

MOVIE NIGHT at the Vineyard

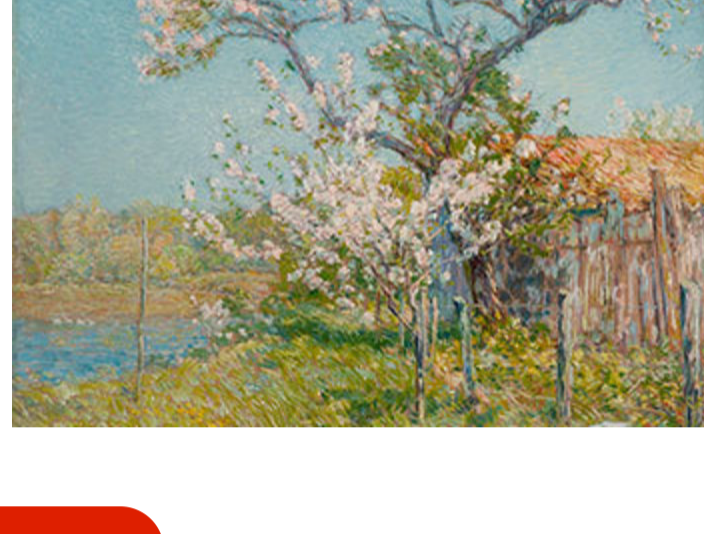
**PITCH PERFECT**

SATURDAY AUGUST 29TH at sunset!

CLICK HERE TO PURCHASE TICKETS!

### Fresh Fields at the Flo Gris

We're all seeking moments of serenity these days, and I found a perfect one last week. I made a reservation to see the new exhibit Fresh Fields at the Florence Griswold Museum. It's not only with works from the gallery but hung only with works for the permanent collection, and now is the time to see the superstars...



[More Flo Gris](#)

Sweet Dreams: Confectionery Sculpture by Peter Anton

Lyman Allyn ART MUSEUM

On view through October 18

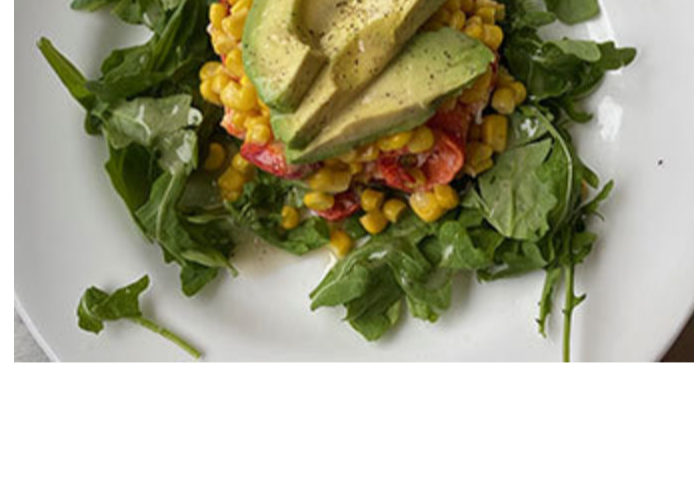
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### Exquisite Lunch on the Banks of the Lieutenant River at Cafe Flo, Old Lyme

I can't go an entire summer without at least one visit to Cafe Flo, in my opinion, one of the best outdoor lunch spots on the Shoreline. An enticing menu of fresh salads, sandwiches, and drinks comes complete with a spectacular view of the Lieutenant River...

[More Cafe Flo](#)

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### Spotted!

We found the perfect easy summer dress (with pockets!) in a slew of colors at a steal of a price, \$30 for two! Find it at Grace in Niantic or [shop online here](#).



We ARE Open!

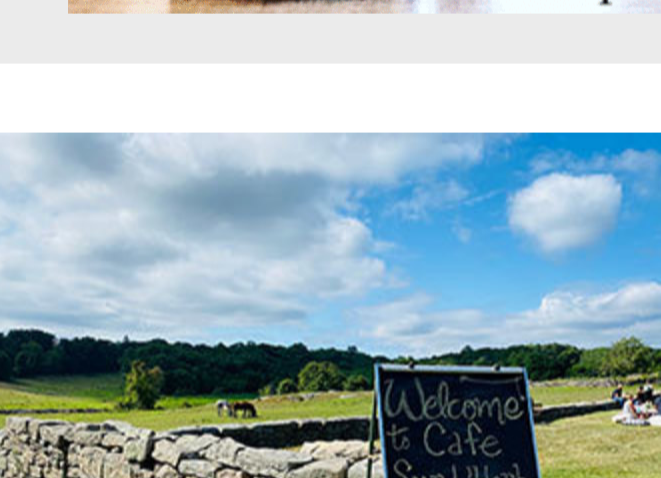
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Our last list featured a pop-up cafe, our favorite canned cocktails, and a roundup of alfresco dining spots.

[Read it here if you missed it.](#)

[Read it Here](#)

### Sponsored Story

DETAILS

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ARE YOU ALTING UP AN OLD MAN?

THE GREATEST HIGH-SCHOOL ATHLETE EVER

Hair by TPS Celeb Stylist Jordan Sparkes

The **Timothy Pamment Salon** channels the quintessential Manhattan vibe, highlighting an aesthetic that juxtaposes the city's opulence with the comfort of the Shoreline. They are renowned for tailoring hair to suit each unique guest they have the honor of welcoming into their beauty mecca. Madison is booming with many newcomers, one of which is celebrated Stylist Jordan Sparkes. Jordan joins their talented team with a current star-studded roster including Gwyneth Paltrow, Madonna, Victoria Beckham, and Kim Kardashian.

**Fall 2020:** Tim Pamment is predicting colors that survive and thrive. By popular request, the return of dimensional color: from classic chocolate-y browns with a pinch of rich mocha to auburn reds. Hairstyles are from one extreme to another. The French bob (a jaw-length bob with or without fringe) has seen a resurgence and multi-layer hairstyles elevate last year's shag. This season is all about accentuating your unique flair.

It's time to make the magic happen! Call the Timothy Pamment Salon to book, (203) 245-7707

[Make an Appointment](#)

## From The E List Events Calendar

### Old Lyme Best Cleaners: Expanded Hours, Cleaning Services, Custom Masks & More

Head to Best Cleaners for no-contact transactions, deep cleaning of high-touch household items, custom masks, and more, plus expanded hours in their newest location in Old Lyme. [Read more...](#)

### Guilford Art Center Announces Re-Opening for Fall 2020

Register now for online or on-campus classes at the newly expanded (and socially distant) space and studios. Choose from Collage, Fabric Painting, Blacksmithing, and much more. [Read more...](#)

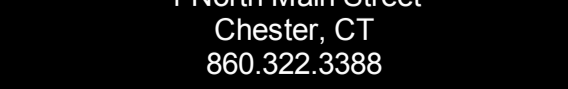
### Experience ALADDIN on the Kate's BIG screen, 8/29

The Kate welcomes you back with a socially distanced cinema series featuring some of your favorite movies with their state of the art surround sound system and High Definition projector. [Get tickets here...](#)

Wondering what else is open out there? Find alfresco dining, curbside pickup, outdoor activities, and more on The E List events calendar:

[Browse the Calendar](#)

### CONNECT



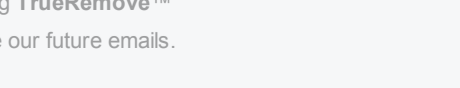
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