

I have spent a lifetime trying to learn to live in the moment. Meditation, yoga, pranayama, you name it,

I've tried it. I've managed to use up vast amounts of emotional energy bemoaning the past and worrying about the future. Yikes. And then the pandemic. Our lives on pause. No far-flung vacation plans to dream about, nary a movie date. All we can do is live right here, right now, by making the most of every single day this summer (because of course, I'm worried that the virus will come roaring back this winter). Lucky for us, Connecticut's infection rate is low, so now is the time to venture out in a careful, safe way. We've been seeking out socially distant things to do and eat since March, so if you're looking for summer fun, remember that we archive everything we write about on our website: [www.theelist.com](http://www.theelist.com). Have a browse around.

love,  
Erica

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*and more!!!*

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Westbrook, CT

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p.s. if you received this as a forward, sign up for your own weekly guide to the CT Shoreline here.

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**Thimble Islands Lobsterbakes**  
lobstermike.com lobstermike@comcast.net

**Home:Making**

CP  
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### Tiny Dinner Parties

If you're anything like me, you've morphed into a short-order cook over the last four months of the pandemic. I'm back to screaming, "the kitchen is closed!" If you're itching to see a few humans but want to leave the prep, cooking, and clean-up to someone else, here are a few options for small catered dinners...



[See the List](#)

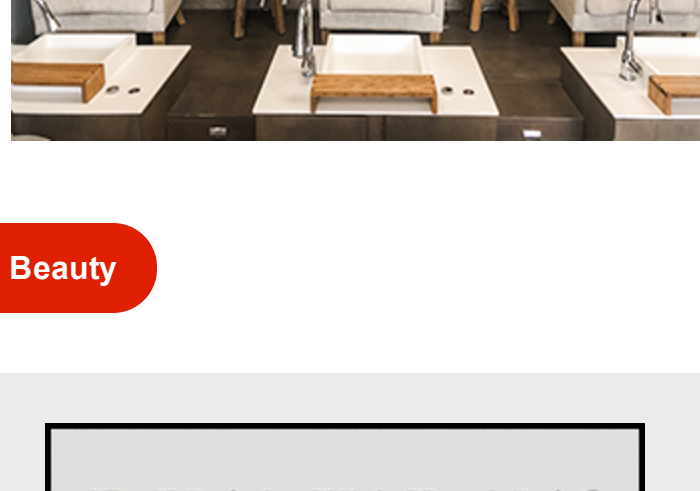
**Guilford's Sidewalk Sale is on!**

Shop the Guilford Green  
July 30-August 2

William Pitt Sotheby's  
**COLETTE HARRON**

### Safely Distant Mani-Pedi at Tina Perma Beauty Spa, Old Saybrook

Despite the shabby condition of my fingers and toes, I've been in no rush to run out to a populated (even socially distant) nail salon. Lucky for me, and anyone else who's been holding out for fresh polish, Tina Perma Beauty Spa is open for business by appointment...



[More Beauty](#)

summer sale!

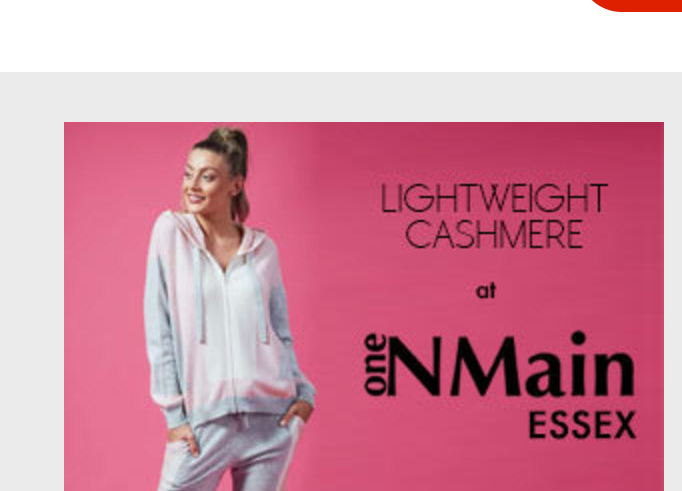
click to shop online

**DINA VARANO**

DESIGNED AND CREATED BY DINA IN CHESTER

### Pandemic-Friendly Indoor Golf

While many of us are taking up new hobbies and looking for pandemic-friendly activities, the Essex Indoor Golf Center presents an appealing option. The facility, which opened on June 18, features six state-of-the-art aboutGolf simulators...



[More Golf](#)

LIGHTWEIGHT CASHMERE  
at **oneNMain ESSEX**  
VISIT 1NM

**Alforno**

JOIN US IN OUR 75 SEATS OF OUTSIDE DINING

Same Great Food & Summer Specials

Open Daily for Lunch & Dinner

VISIT

### On last week's list, we shared tips on boating plus botanicals and popsicles.

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



HANDMADE WITH LOVE IN DEEP RIVER

ECO-FRIENDLY FACE COVERINGS

5000 QUALIFIED NEGRO VOTERS

Stories of Resilience: Encountering Racism

**Lyman Allyn ART MUSEUM**

On view through August 2

OPEN FOR FREE, ALL SUMMER LONG

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## The E List Closing Sale!

**50% OFF EVERYTHING**

Use code: **ALL50**

Last chance to find lovely summer dresses, linen pants, tees, flowing skirts, plus sun hats, leather bags, jewelry, books, cards, and perfumes -- all 50% off.

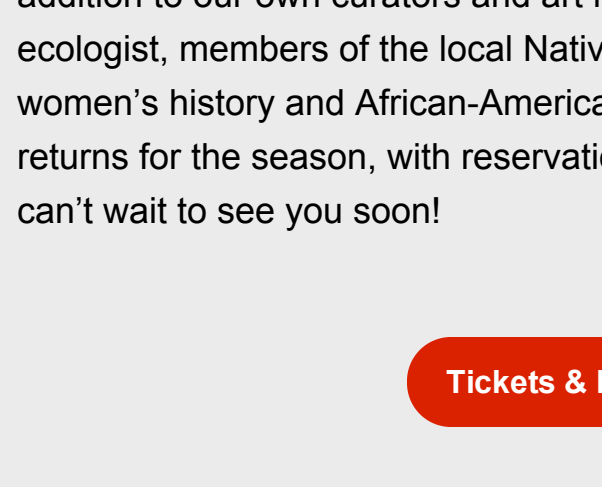
Open this week: Wednesday & Friday 11am - 5pm & Sunday 10am - 3pm

1 North Main Street in Chester  
866.322.3388

Email Patsy for an appointment or with questions. Use code: ALL50 if you'd rather shop online.

[Shop Online!](#)

### Sponsored Story



### The Florence Griswold Museum Reopens!

The Florence Griswold Museum is thrilled to be reopened to the public! We have been hard at work behind the scenes implementing new safety protocols and visitor guidelines to welcome you back. All visitors are asked to reserve tickets online at least 24 hours in advance. Our new

exhibition Fresh Fields: American Impressionist Landscapes is also open to rave reviews! Fresh Fields is a celebration of the Museum's most beloved landscape paintings created by artists who visited Old Lyme with fresh perspectives on their significance from scholars in a variety of fields. In addition to our own curators and art historians, contributors include an ecologist, members of the local Native American community, and experts on women's history and African American history. And of course, Café Flo returns for the season, with reservations required: (860) 434-5542 x126. We can't wait to see you soon!

[Tickets & More Info Here!](#)

## From The E List Calendar

### Vitality Spa Re-Opens on August 1

Vitality Spa returns for spa services and treatments with your safety at the forefront and new protocols in place. [Read more...](#)

### Take Out and Delivery at La Belle Aurore

Choose from an ever-changing menu sourced from local farms for takeout (and limited delivery) from this Niantic favorite. [Read more...](#)

### Privé Swiss MedSpa Opens in Westbrook, Now Open!

Visit Privé Swiss' latest addition, a facility dedicated to offering a wide-range of professional aesthetic treatments to make your skin look and feel younger. [Read more...](#)

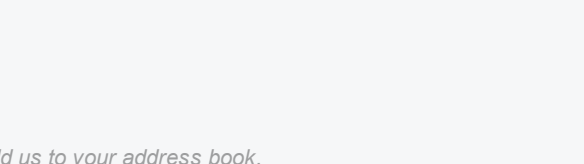
### Madison's Masked Sidewalk Sales, 7/21 - 7/25

Grab your mask and hunt down bargains for a whole week in Madison at the annual sidewalk sales. [Read more...](#)

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

[BROWSE THE CALENDAR](#)

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