



I complained to a friend recently about feeling down heading into winter as a shut-in, a concern I have about our collective mental health. I was afraid she'd recommend a gratitude journal, which I've tried and tend to write the same three things (although I've recently added my Peloton to that list; I'm an addict!). She suggested being mindful of joy in the little things and adding as many as possible to your day. Sounds hokey, right? But this practice is bringing me a sense of well-being. I take my coffee on the terrace in the morning instead of heading straight to my computer. I prepare a little lunch and sit at the table versus downsing a yogurt while answering emails. I blast some music and dance around as I prep dinner. Yes, very tiny things, but I'll find a lift anywhere I can get it these days! Hope you can, too.

Erica
p.s. Happy birthday, Juliana and Laura!

Join us as we begin our 30th season in a very different way! **VIDEO!**

Experience Musical Masterworks like you never have before – in a virtual front row seat so you can enjoy the beauty of the performers' artistry up close and personal – as chamber music is intended.

Each video can be enjoyed with unlimited viewing for three weeks.

Season Video Subscriptions: \$150
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All Beethoven | To be filmed on October 24, 2020

Purchase Video tickets until November 7th

James Ehnes, violin
Andrew Armstrong, piano

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SEASON 30

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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Earth and Fire Studio Offers Fall (Socially-Distanced) Ceramics Classes

Looking for something creative to do this fall and winter? Earth and Fire Pottery Studio is offering small semi-private six-week classes, private one-on-one lessons, and weekend workshops...

[Learn More](#)

Virtual Open House
October 26 • 6:30 pm

The Country School
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ELLA

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THURS, 10/15 11-8

SEE MORE

ON THE GUILFORD GREEN

Shoreline Menus Expands West to East

There's a bit of uplifting news out there for shoreline restaurant fans. Thanks to Shoreline Menus, even more of your favorites are now available for delivery...



[More Shoreline Menus](#)

Young at Art:
A Selection of Caldecott Book Illustrations

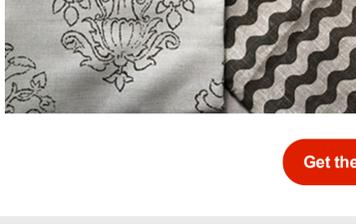
Lyman Allyn ART MUSEUM
October 21 through January 17
625 Williams Street • New London, CT • Exit 83 off I-95

Join Us!
coolsculpting
COOL EVENT
at Privé-Swiss MedSpa in Westbrook

Thurs, Oct. 22
10 AM - 6 PM

RSVP NOW

Privé SWISS MedSpa



Griswold Textile Mill, Westerly

If you're on the hunt for home decorating fabrics, you HAVE to check out this shop. The Griswold Textile Mill has been hand-printing fabrics for high-end design houses since 1937...

[Get the Details](#)

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DRESS SPECIAL
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Guilford Ladies Night Out

While we can't throw our traditional E List Girls' Night Out in Guilford this year, the Guilford Green Merchants have gathered together to announce Ladies Night on **October 15th from 12 – 8pm**. Most shops around the Green will offer discounts and specials, plus many are serving wine and refreshments...

LADIES NIGHT OUT
GUILFORD

OCTOBER 15TH
NOON TIL 8 PM

[See Participating Shops](#)

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BLUEBIRD HOME
CLEAR THE CLUTTER. NEATEN THE NEST.

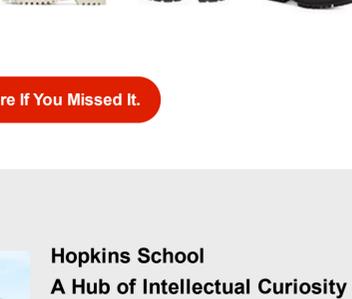
Find clarity & focus through the transformative process of clearing clutter & organizing your home.

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Experience **IDS!**

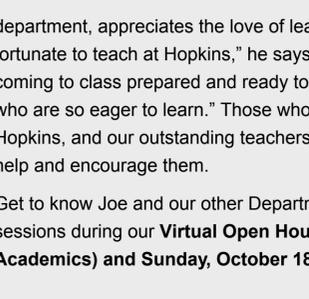
Find out what makes our students
#FearlessLearners at our in-person Open House Saturday, November 7, 9:00 a.m.-1:00 p.m.

We shared a roundup of the best booties, a favorite fall recipe, and more on last week's list.



[Read It Here If You Missed It.](#)

Sponsored Story



Hopkins School A Hub of Intellectual Curiosity

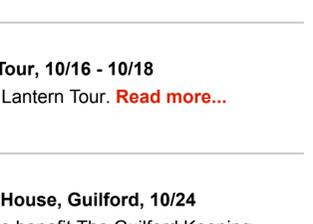
The world is a vast wonderland to the curious. We know because we witness it every day at Hopkins. Here, at the nation's third oldest independent school, high-achieving, motivated students come to learn with an intellectual passion. Joe Addison, chair of our English department, appreciates the love of learning he sees each day. "I feel fortunate to teach at Hopkins," he says, "because I know my students are coming to class prepared and ready to engage. It's a joy to teach students who are so eager to learn." Those who need and love a challenge flourish at Hopkins, and our outstanding teachers, such as Joe Addison, are there to help and encourage them.

Get to know Joe and our other Department Chairs as they host live Q&A sessions during our **Virtual Open House on Saturday, October 17 (Part 1: Academics) and Sunday, October 18 (Part 2: Athletics & Student Life)**.

[Learn More About Hopkins School](#)

From The E List Events Calendar

Blood Moon Masquerade at I-Park, 10/31
Join I-Park on October 31 for the Blood Moon Masquerade, a roving celebration featuring Halloween inspired "stations," illuminations and more. Experience I-Park noir on the spookiest night of the year. [Read more...](#)



Artful Living Presents Sleepy Hollow Lantern Tour, 10/16 - 10/18
Halloween fun for the family at the Sleepy Hollow Lantern Tour. [Read more...](#)

Community Tag Sale at The Thomas Griswold House, Guilford, 10/24
Donate first, then shop this Community Tag Sale to benefit The Guilford Keeping Society. [Read more...](#)

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](#)

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