

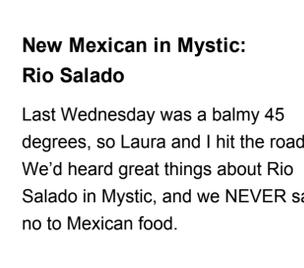
the e list

An Excruciatingly Opinionated Guide to the Connecticut Shoreline

- FUN CALENDAR EAT DISCOVER TRAVEL TOWN GUIDES

If someone had told me in January of 2020 that a year later over 500,000 people in the US would (heartbreakingly) die from the virus, The E List would lose over half our advertisers, and my shop would close, I would NEVER have believed it. Somehow we've made it through the especially dark days of this winter despite debilitating loneliness, anxiety, and an endless round of Groundhog Days. Warmer weather, daylight savings, and outdoor get-togethers are right around the corner. Here's to brighter days ahead.

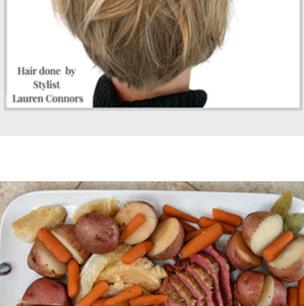
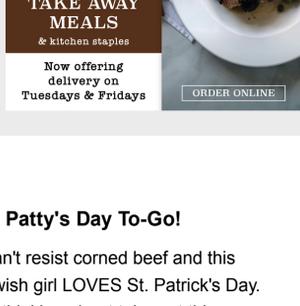
Love, Erica



New Mexican in Mystic: Rio Salado

Last Wednesday was a balmy 45 degrees, so Laura and I hit the road! We'd heard great things about Rio Salado in Mystic, and we NEVER say no to Mexican food.

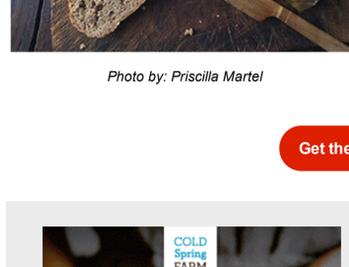
[More Tacos](#)



St. Patty's Day To-Go!
I can't resist corned beef and this Jewish girl LOVES St. Patrick's Day. I'm thinking about take-out this year and if you're hankering for boiled dinner, too, here's where to get yours.



[See the Menus](#)

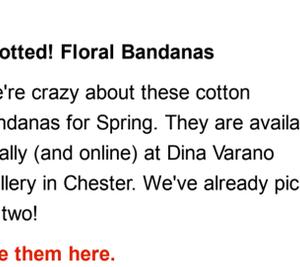


An Easy Recipe for Irish Wheaten Bread

Chef Priscilla Martel shared her recipe for this addictive, unexpectedly sweet loaf with us. It's perfect for St.Patrick's Day!

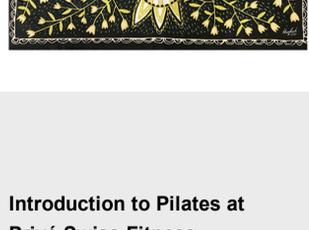
Photo by: Priscilla Martel

[Get the Recipe](#)



Spotted! Floral Bandanas

We're crazy about these cotton bandanas for Spring. They are available locally (and online) at Dina Varano Gallery in Chester. We've already picked up two!



[See them here.](#)



Introduction to Pilates at Privé Swiss Fitness

Are you tired of working out in your living room? Looking for something that feels good but also drastically improves the way you move? Look no further! **Introduction to Pilates special - 1 private + 3 small group equipment classes for \$99.**

Privé Swiss Fitness, the shoreline's premier destination for cutting-edge fitness and health solutions is open

for classes and privates in both Madison and Westbrook. These Award-winning facilities with only top-notch instructors offer Pilates mat and equipment classes, Barre, Yoga, Bootcamp their signature class, BarefootBands™, and more. Infrared saunas with chromotherapy light/mood treatment are also OPEN for private booking.

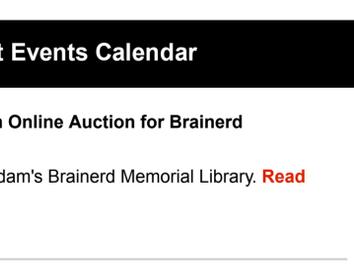
Privé Swiss Fitness is committed to maintaining a sanitized and safe environment at all times. Extra care is taken to maintain and disinfect the floors and all commonly touched surfaces. Air purifiers and UV light sanitizers are present in all locations 24 hours/day.

Masks are required at all times and safe, social distancing policies are maintained. No walk-ins allowed at this time. Pre-registration is required for all sauna sessions, private lessons, and group classes.

Call **860-391-8735** to schedule a tour and learn about how Pilates can help YOU!

[Visit priveswissfitness.com](http://www.priveswissfitness.com)

Last week we shared hosting tips, a creative line of stone vessels, an exciting shop for fresh specs and more.



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

[Read the List](#)

From The E List Events Calendar

Treasures, Treats and Tradition: An Online Auction for Brainerd Memorial Library, 3/19 - 3/28
Bid on over 200 items to support Haddam's Brainerd Memorial Library. [Read more...](#)

Forest Bathing Along the Artist's Trail at the Flo Gris Museum, 3/13
Engage with the natural world with a guided, slow-paced walk through the Artist's Trail. [Read more...](#)

Niantic & East Lyme Restaurant Week, thru 3/14
Support local restaurants with discounts, prix-fixe offerings, gift card promotions, and so much more. [Read more...](#)

St. Patrick's Day Car Parade in New London, 3/14
Celebrate St. Patrick's Day with a car parade in New London. [Read more...](#)

25% Off at Best Cleaners in March, thru 3/31
Enjoy savings on services for the entire month at Best Cleaners. [Read more...](#)

Thimble Island Ocean Farm Offers a Monthly Shellfish Share, thru 5/1
Enjoy a monthly share of fresh, local and sustainable shellfish from Thimble Island Oyster Farm. [Read more...](#)

Looking for more to do? Find virtual classes and webinars, takeout, and more on The E List Calendar:

[BROWSE THE CALENDAR](#)

p.s. from Erica

[Here's our favorite recipe for Corned Beef](#)
[21 St. Patrick's Day Appetizers](#)
[Plus a Homemade Bailey's Recipe courtesy of La Marea](#)

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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