

There's no better time to spruce up and weed out your wardrobe than Spring. We've teamed up with local experts for an exciting **GIVEAWAY: The Ultimate Spring Wardrobe Refresh!** Scroll down for prizes and details and enter for a chance to win. Plus you'll learn more about Patsy Berglund's wardrobe detox, see our annual swimsuit roundup and find out about a new coffee shop below.

p.s. Share The E List love! If you like the list, please forward to your friends and family.



Furniture | Fashion | Lifestyle  
2 Main Street, Old Saybrook, CT | 860.388.0891  
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**Slim Down** for Summer Event  
THURSDAY, APRIL 29th  
Private Swiss MedSpa  
The Shops at Water's Edge  
★ PRIZES ★  
★ EVENT ONLY DISCOUNTS ★  
★ FREE ASSESSMENTS ★  
CLICK OR CALL TO REGISTER!  
privesswimedspa.com  
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Christine Darnell GARDENS  
203.832.9411



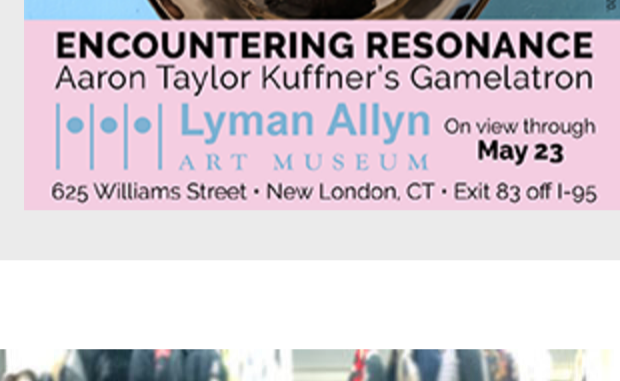
### Deep River Roasters: A New Cafe in Witch Hazel Works, Centerbrook

There's a fresh, new coffee shop on a sunny corner of the Witch Hazel Works factory building. This cozy cafe serves up tasty coffee made from beans roasted in small batches just blocks away plus tea and treats from celebrated local purveyors...

Learn More



**Spring Into Savings!**  
Stop in or shop on our website for all your spring home and garden needs!  
Mulch • Fertilizer • Seeds • and Much More!  
PAGE Hardware & Appliance Co.  
9 Boston St, Guilford, CT 06437 • (203) 453-5267  
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**ENCOUNTERING RESONANCE**  
Aaron Taylor Kuffner's Gamelatron  
Lyman Allyn ART MUSEUM  
On view through May 23  
625 Williams Street • New London, CT • Exit 83 off I-95

### A Personalized Wardrobe Detox with Patsy Berglund

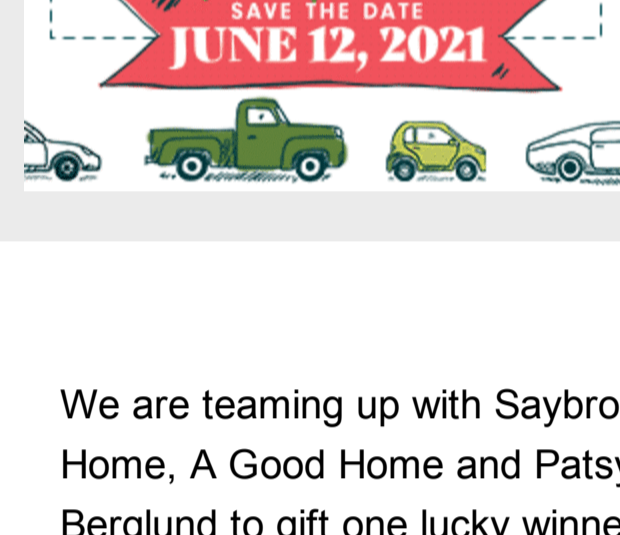
Ever look (or walk) into your closet, packed with clothing and shoes, and think, "I have nothing to wear!"? Or feel overwhelmed by transitioning out the piles of sweaters and in the stacks of sundresses? Patsy Berglund can help with this and so much more.



Learn More About Patsy



**LET'S CELEBRATE SPRING!**  
Lavender Lemonade Beverages at Tonic  
TONIC  
OPEN Thurs - Sun 11am - 4pm  
WHOLE HARMONY  
New Tonic | Elixirs



HIGH HOPES  
**BIG BARN** Tailgate  
SAVE THE DATE  
**JUNE 12, 2021**

GIVEAWAY  
GIVEAWAY  
GIVEAWAY  
GIVEAWAY  
GIVEAWAY

We are teaming up with Saybrook Home, A Good Home and Patsy Berglund to gift one lucky winner **The Ultimate Spring Wardrobe Refresh.**

One winner will receive a \$1,000 gift card to Saybrook Home, full-service closet organization from A Good Home, and wardrobe styling service from Patsy Berglund.

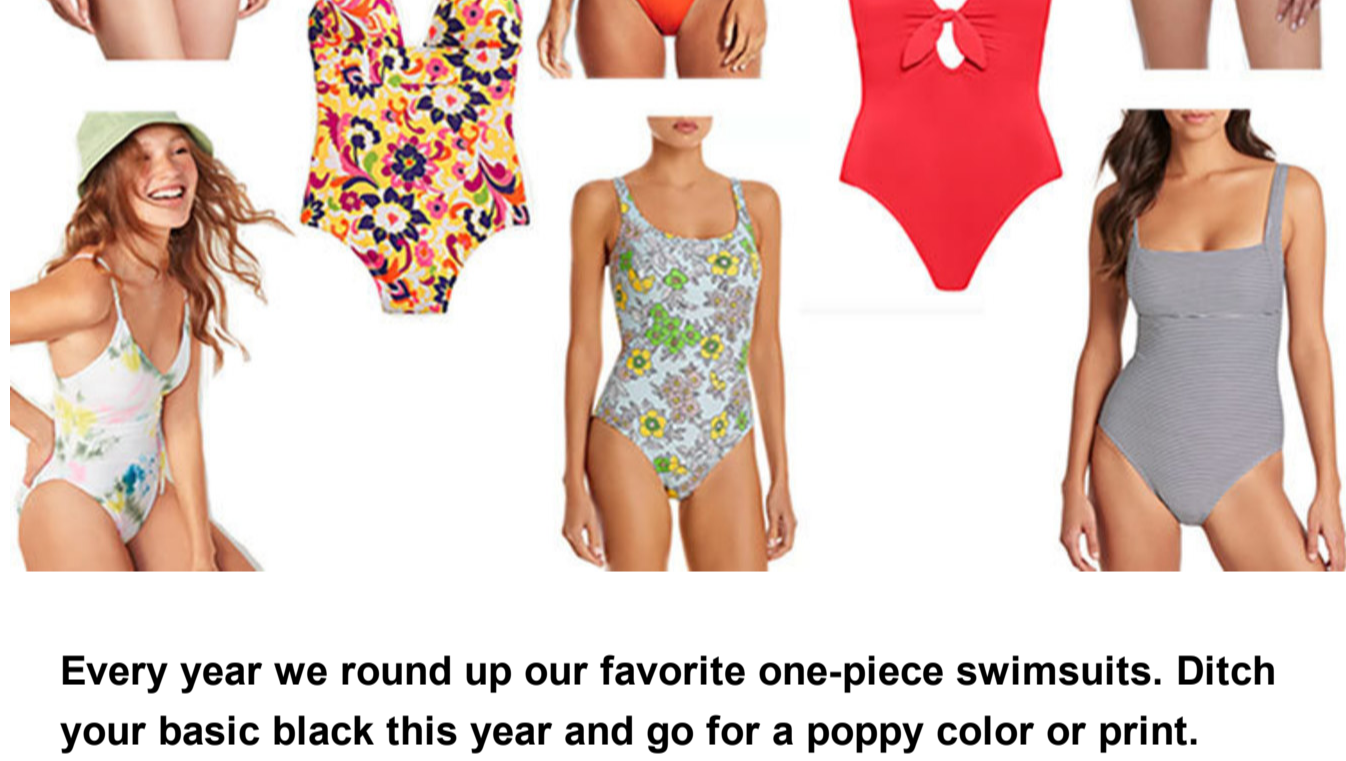
Get the Details



**VISIT OUR FARM STAND AT COLD SPRING FARM**  
COLD SPRING FARM  
OPEN - Dawn 'til Dusk  
YEAR ROUND CSA  
MEAT • PRODUCE • DAIRY  
SUNDRIES • BAKED GOODS  
CLICK HERE FOR DIRECTIONS



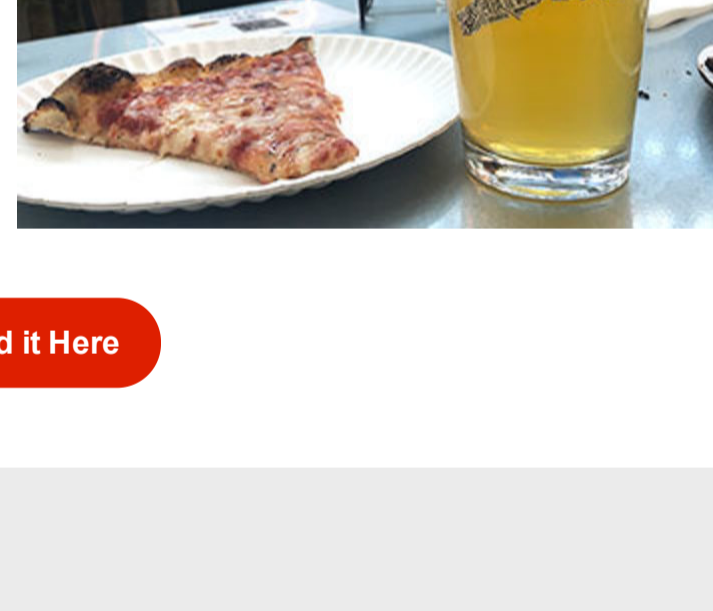
OLD LYME COUNTRY CLUB  
WELCOMES YOU  
DISCOVER A NEW LEVEL OF TASTE ON THE SHORELINE



Every year we round up our favorite one-piece swimsuits. Ditch your basic black this year and go for a poppy color or print.

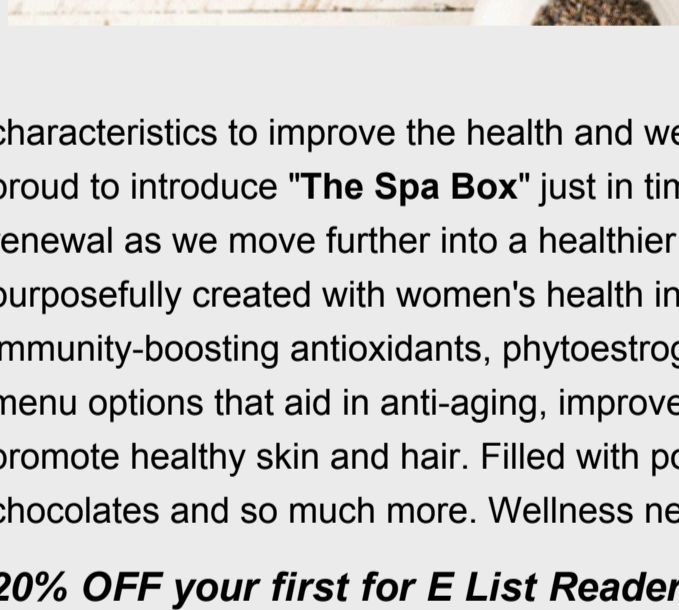
See Our Picks

On last week's list, we shared alfresco dining options, a beer garden, a healthy meal delivery service, and much more. **Read it here if you missed it.**



Read it Here

#### Sponsored Story



### Curated Wellness Boxes from Azuluna Foods

Azuluna Foods is a sustainable farm and meal delivery service in Woodstock that thoughtfully incorporates locally produced, farm-raised ingredients into their menus. The company is fueled by head chef and co-founder Rachael LaPorte's endless passion for using foods' natural characteristics to improve the health and wellness of her clients. Azuluna is proud to introduce "The Spa Box" just in time for a Spring refresh or general renewal as we move further into a healthier 2021. Beneficial for everyone yet purposefully created with women's health in mind, this box is packed with immunity-boosting antioxidants, phytoestrogens, and superfoods. It provides menu options that aid in anti-aging, improve digestion, reduce inflammation, and promote healthy skin and hair. Filled with power bites, bone broth, spring salads, chocolates and so much more. Wellness never tasted this good.

**20% OFF your first for E List Readers: Use Code: SPA20 at checkout**

See What's In the Box and Get 20% Off

## From The E List Events Calendar

**EES PTO Shop & Stroll, 4/28**  
Shop local to support the Essex Elementary School Parent Teacher Organization and have the chance to win amazing prizes. **Read more...**

**5th CT Spring Boat Show, 4/30 - 5/2**  
Bring your family and friends out to see more than 50 boats of all sizes and talk directly with dealers and manufacturers. **Read more...**

**A Women's Health and Wellness Hike at I-Park, 5/1**  
Meet new friends, hear about health and wellness tips, learn about I-Park and enjoy a guided hike on the gorgeous Chill Hill Trail followed by a light boxed lunch. **Read more...**

**Shop for Mom: A Makers Market Curated by Ladymade, 5/2**  
Shop for (or with!) Mom at The Graduate New Haven, and support local creative ladies at the same time. **Read more...**

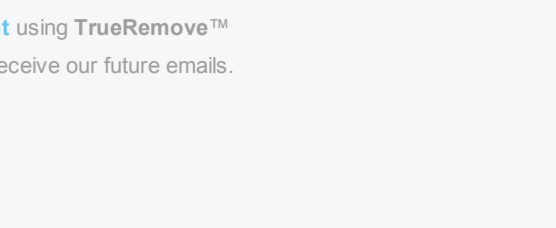
**Gallery One "Reality Checks" Exhibition, thru 5/22**  
Check out Gallery One's "Reality Checks" exhibit virtually, featuring CT artists Rick Silberberg and Molly McDonald! **Read more...**

Looking for more to do? Find sales, specials, outdoor activities, and more on **The E List Calendar:**

BROWSE THE CALENDAR

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