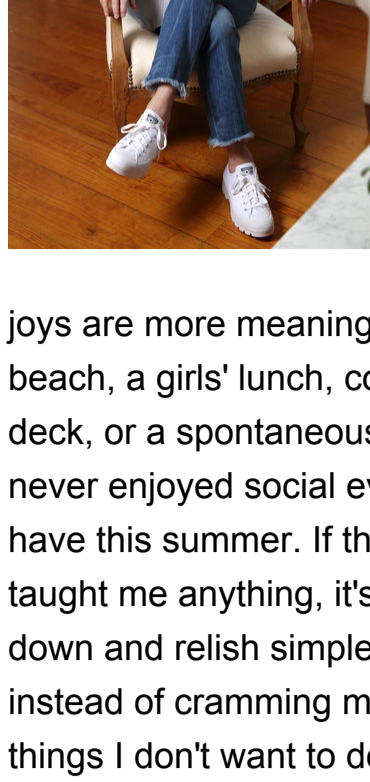


An Excruciatingly Opinionated Guide to the Connecticut Shoreline

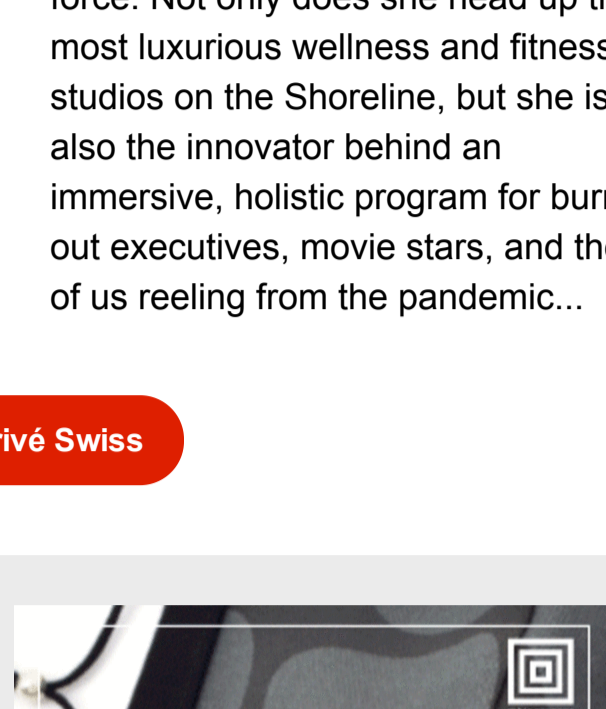
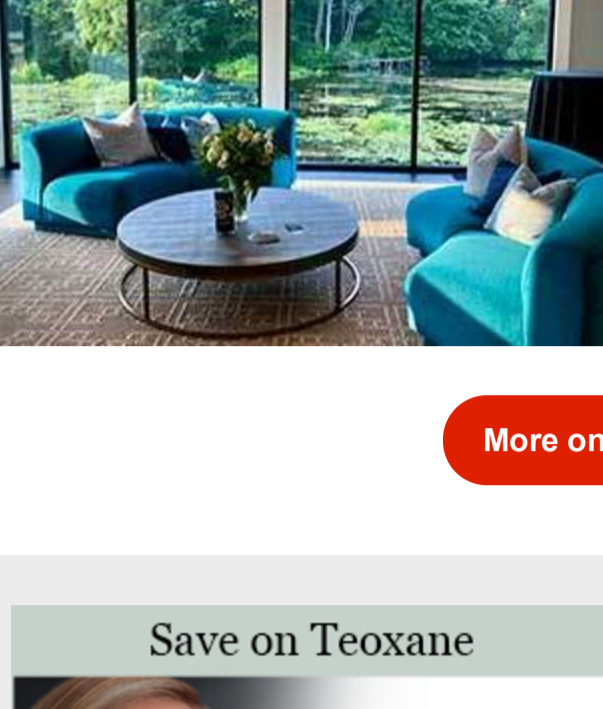
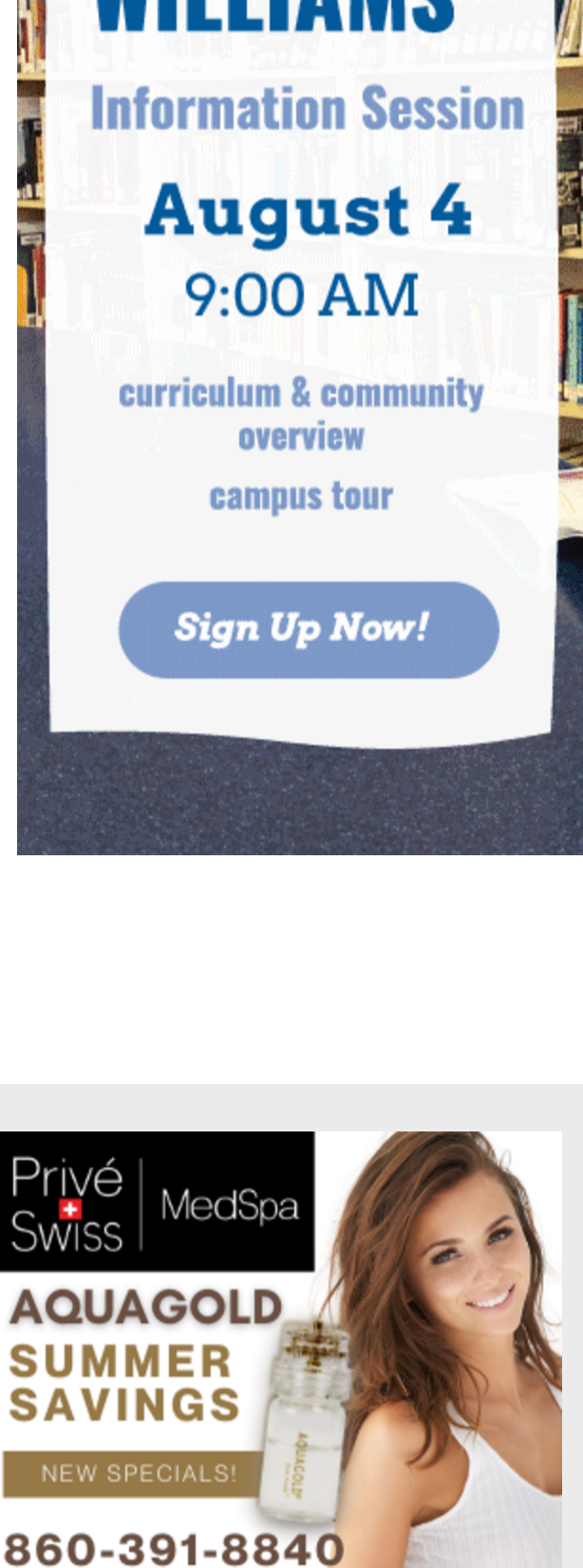
[FUN](#) [CALENDAR](#) [EAT](#) [DISCOVER](#) [TRAVEL](#) [TOWN GUIDES](#)



Here's what I'm having this summer: FUN. Is it just me, or is everyone packing in as much as they can? After over a year of lockdown, even the simplest joys are more meaningful. A day at the beach, a girls' lunch, cocktails on the deck, or a spontaneous potluck. I've never enjoyed social events more than I have this summer. If the pandemic has taught me anything, it's been to slow down and relish simple gatherings instead of cramming my calendar with things I don't want to do. Hope your summer is full of friends, family, and fun, too.

Love, Erica

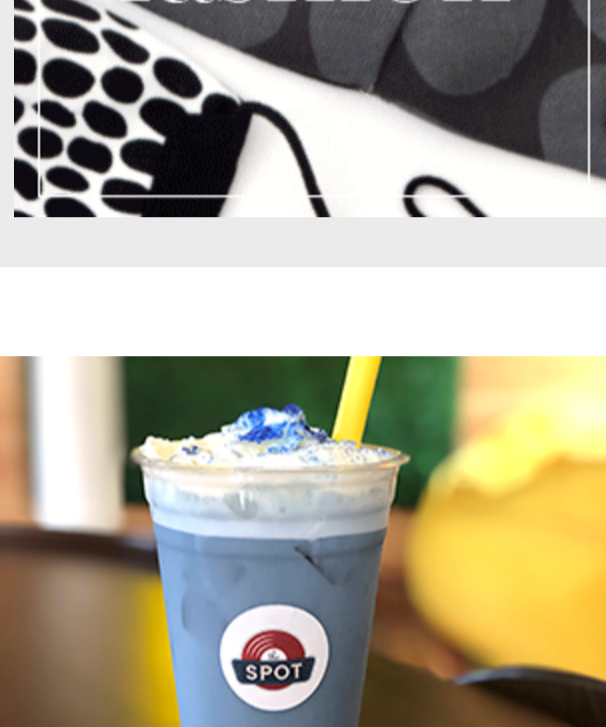
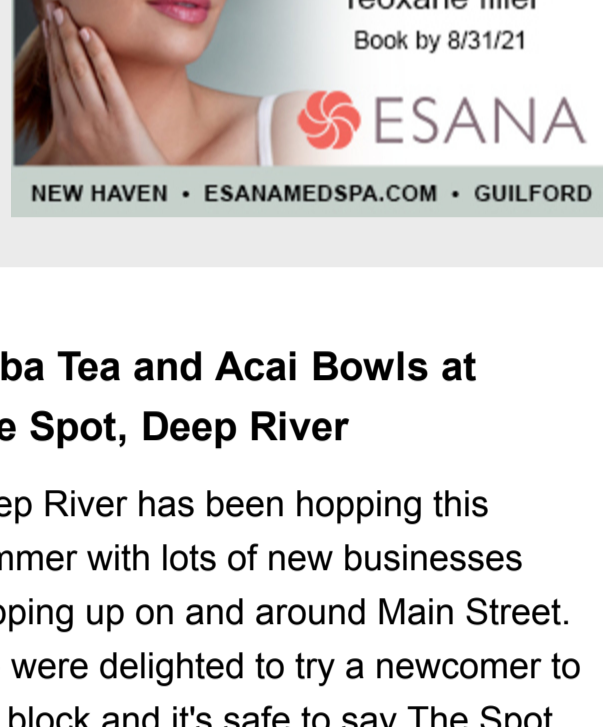
p.s. Spread The E List love! Please forward to friends and family.



Waterside Wellness at Privé Swiss in Ivoryton

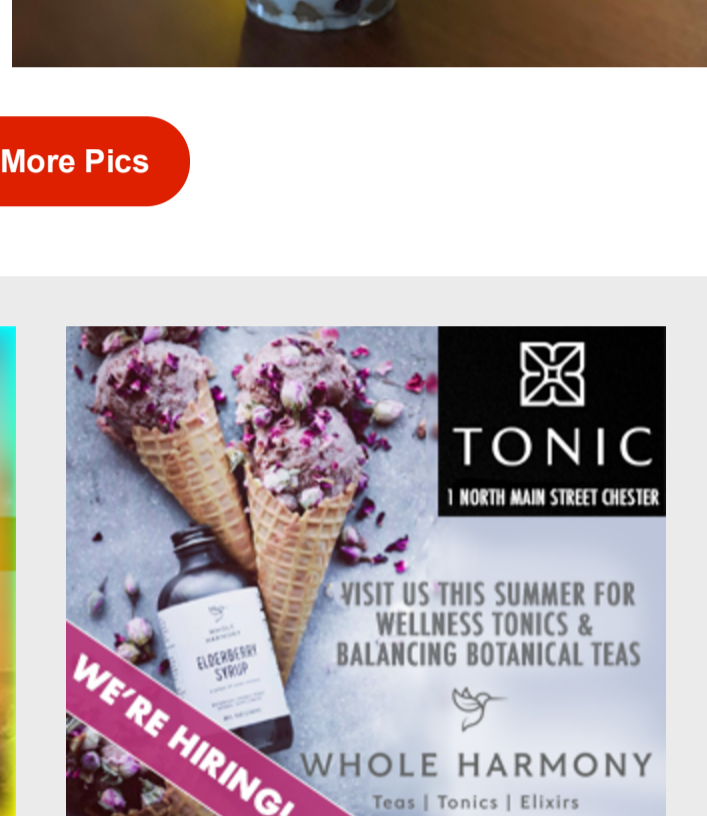
Heidi Kunzli, owner of Privé Swiss, is a force. Not only does she head up the most luxurious wellness and fitness studios on the Shoreline, but she is also the innovator behind an immersive, holistic program for burned-out executives, movie stars, and those of us reeling from the pandemic...

[More on Privé Swiss](#)



Boba Tea and Acai Bowls at The Spot, Deep River

Deep River has been hopping this summer with lots of new businesses popping up on and around Main Street. We were delighted to try a newcomer to the block and it's safe to say The Spot will be a regular stop for us...

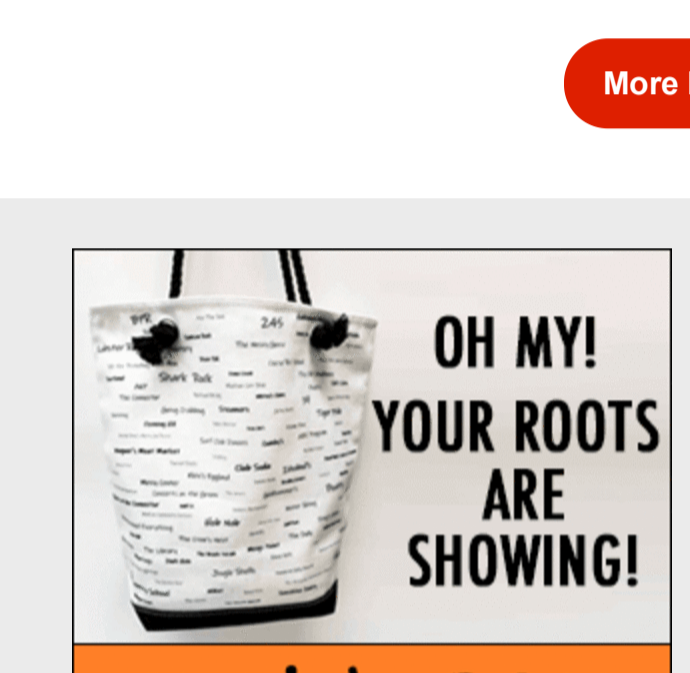


[See More Pics](#)

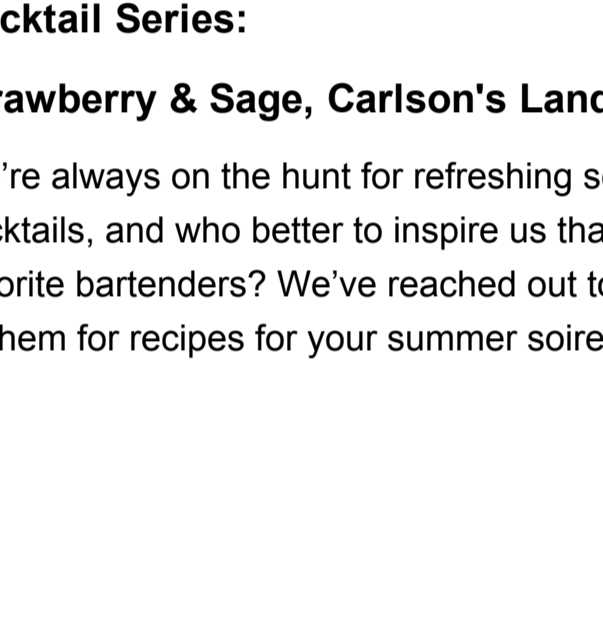


A Farm on Your Doorstep: Healthy PlanEat

Can't make it to the farmer's market? Now you can get your local farm-fresh veggies delivered straight to your door with Healthy PlanEat...



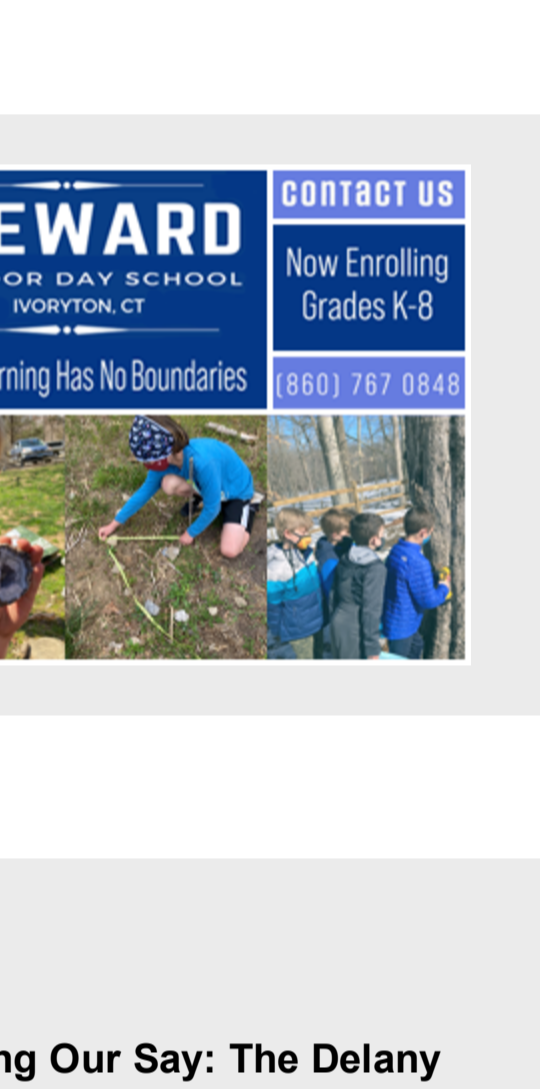
[More Farms!](#)



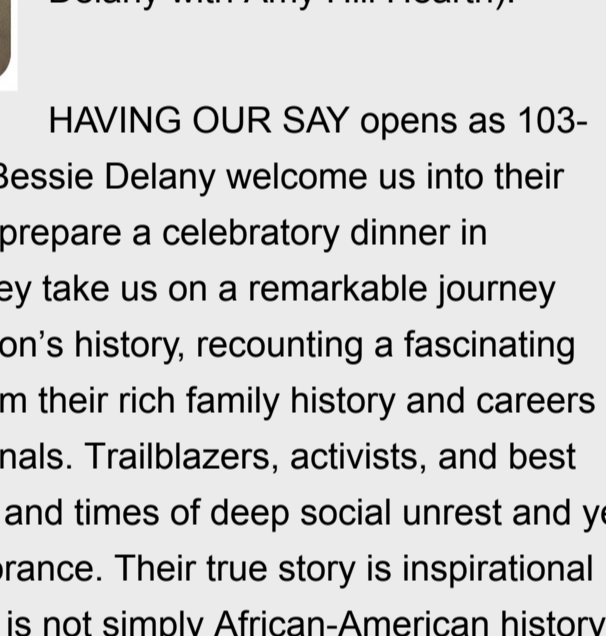
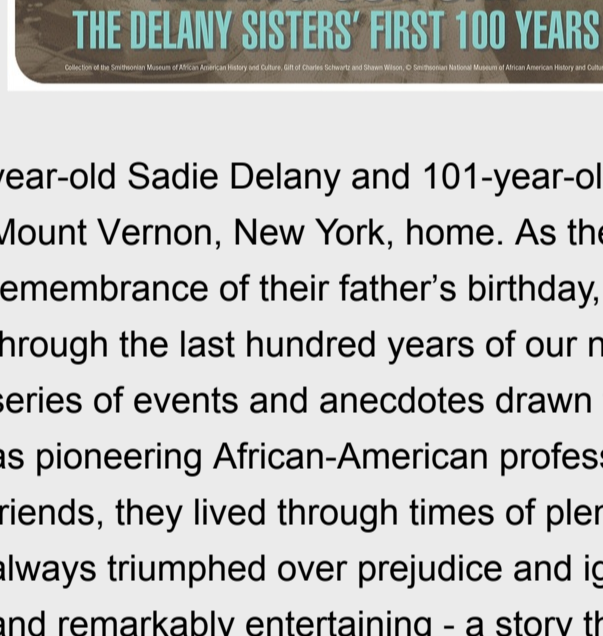
Cocktail Series:

Strawberry & Sage, Carlson's Landing

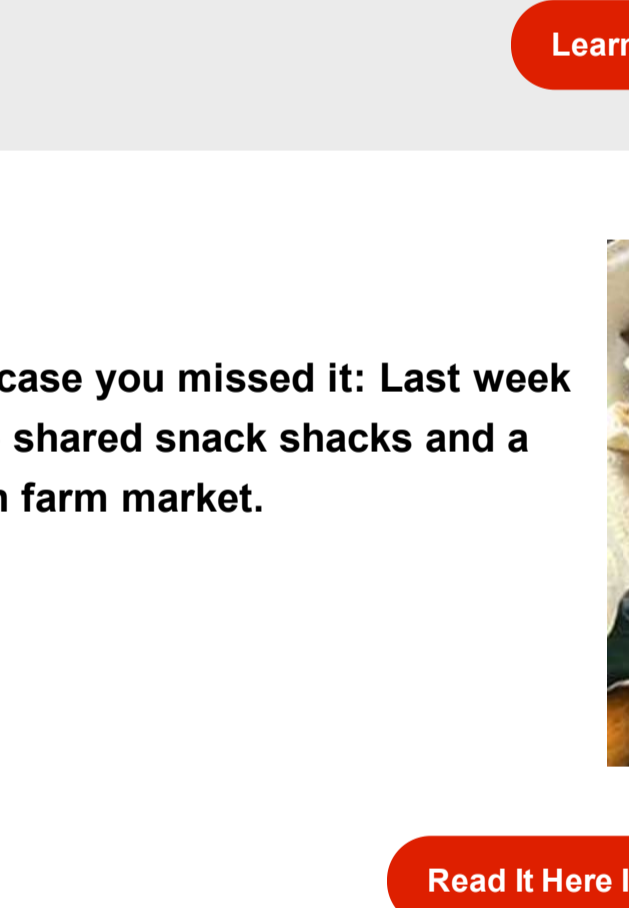
We're always on the hunt for refreshing seasonal cocktails, and who better to inspire us than our favorite bartenders? We've reached out to the best of them for recipes for your summer soirees.



[Get the Recipe](#)



Sponsored Story



Having Our Say: The Delany Sisters First 100 Years at the Ivoryton Playhouse

by Emily Mann (adapted from the book by Sarah L. Delany and A. Elizabeth Delany with Amy Hill Hearsh).

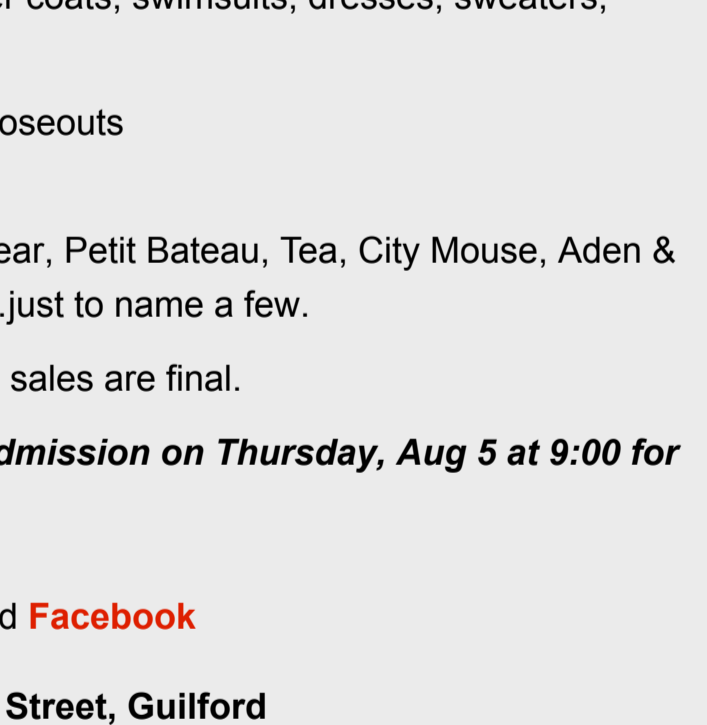
HAVING OUR SAY opens as 103-year-old Sadie Delany and 101-year-old Bessie Delany welcome us into their Mount Vernon, New York, home. As they prepare a celebratory dinner in remembrance of their father's birthday, they take us on a remarkable journey through the last hundred years of our nation's history, recounting a fascinating series of events and anecdotes drawn from their rich family history and careers as pioneering African-American professionals. Trailblazers, activists, and best friends, they lived through times of plenty and times of deep social unrest and yet always triumphed over prejudice and ignorance. Their true story is inspirational and remarkably entertaining - a story that is not simply African-American history or women's history. It is our history, told through the eyes of two unforgettable, vibrant women.

Runs 8/12 - 9/5, 2021. Seats are socially distanced.

Call Playhouse box office **860.767.7318**. Tickets are not available online.

[Learn More](#)

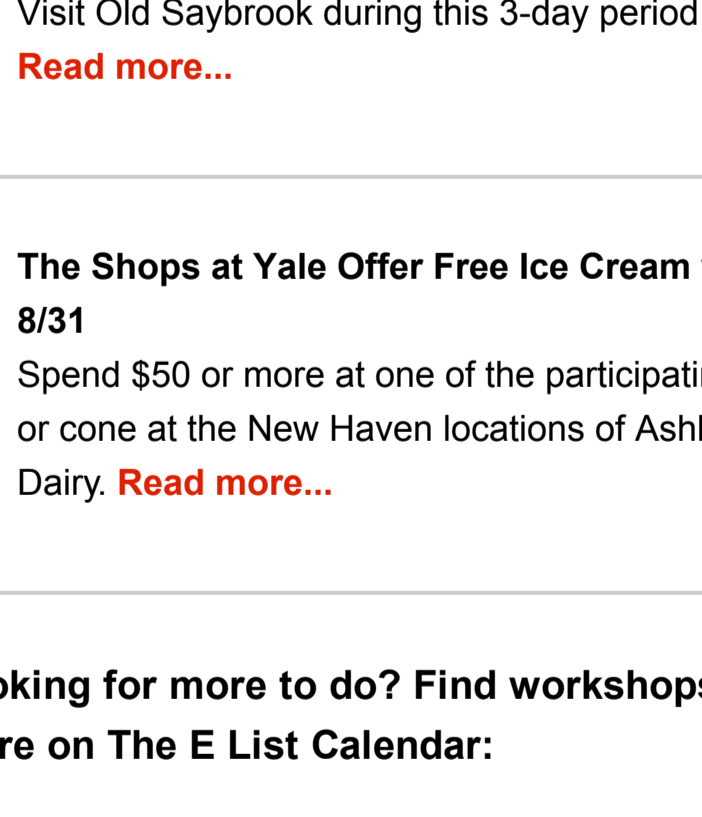
In case you missed it: Last week we shared snack shacks and a fun farm market.



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

From The E List Events Calendar

Featured Event Listing



Don't miss the Just Hatched Annual Tent Sale!

Up to 75% OFF

AUG 5th-8th (Thurs-Sat: 9:30-5:30, Sun 11-4)

Four seasons of luxury goods...winter coats, swimsuits, dresses, sweaters, books, toys & so much more!
 Samples | End-of-season | Vendor closeouts
 Boy/Girl/Neutral: Newborn to 6YR

Rylee & Crew, Quincy Mae, Angel Dear, Petit Bateau, Tea, City Mouse, Aden & Anais, Jellycat, Me & Henry, Joules...just to name a few.

*Shop early for the best selection. All sales are final.

Mention The E List for VIP Early Admission on Thursday, Aug 5 at 9:00 for first dibs.

Visit **Just Hatched** on [Instagram](#) and [Facebook](#)

112 State Street, Guilford

[Visit JustHatched.com](#)

\$ayBucks Spectacular Raffle, thru 8/5

There's still time to purchase a ticket for a chance to win \$1,000 in \$ayBucks (a pre-paid gift card redeemable at 45+ businesses in and around Old Saybrook). [Read more...](#)

First Friday Chester, 8/6

Stroll, shop, and dine into the evening in Downtown Chester this Friday. [Read more...](#)

Saybrook Summer Sidewalk Sale Days, 8/6 - 8/8

Visit Old Saybrook during this 3-day period for fantastic sales and promotions. [Read more...](#)

The Shops at Yale Offer Free Ice Cream with Purchase in August, thru 8/31

Spend \$50 or more at one of the participating retailers and receive a free cup or cone at the New Haven locations of Ashley's Ice Cream or Arethusa Farm Dairy. [Read more...](#)

Looking for more to do? Find workshops, concerts, yoga classes, and more on The E List Calendar:

[BROWSE THE CALENDAR](#)

p.s. from Erica

Spread The E List love! Please forward to friends and family.

a guide to makers, designers + innovators on the CT Shoreline

Have you heard about our latest endeavor? Found Around The Sound is a monthly spotlight on local makers, designers, and innovators. [Read more here.](#)

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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