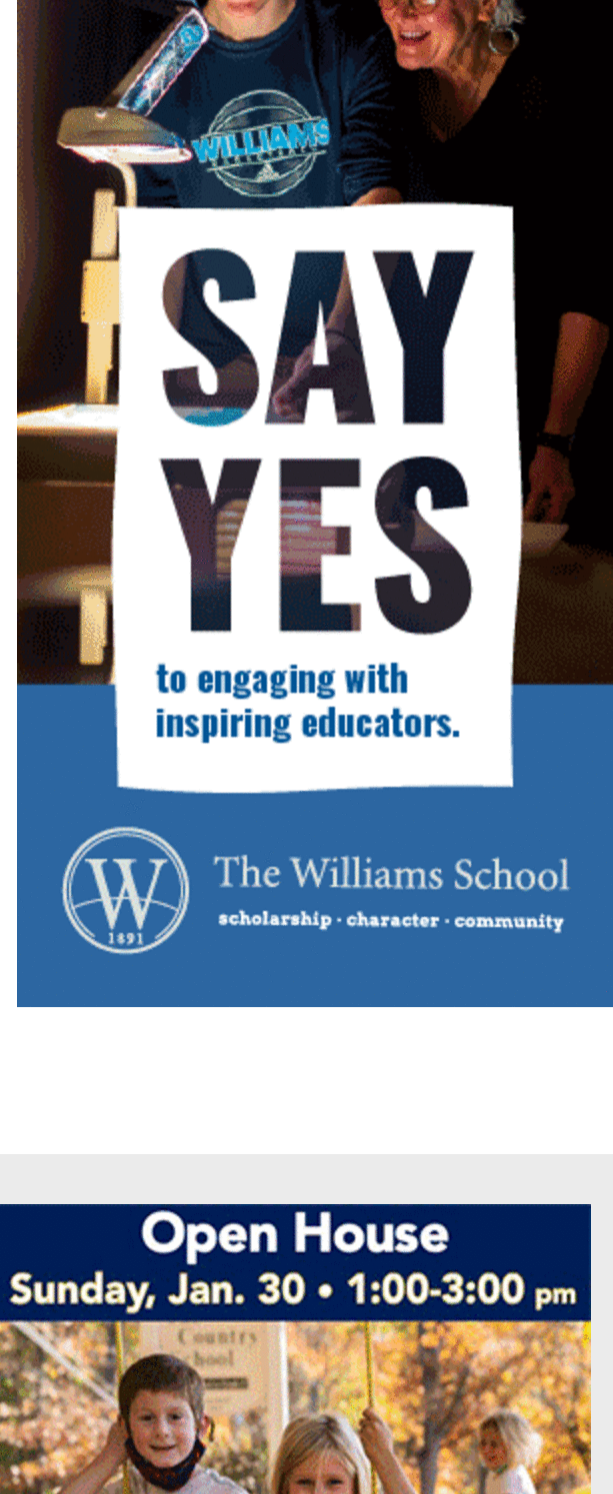
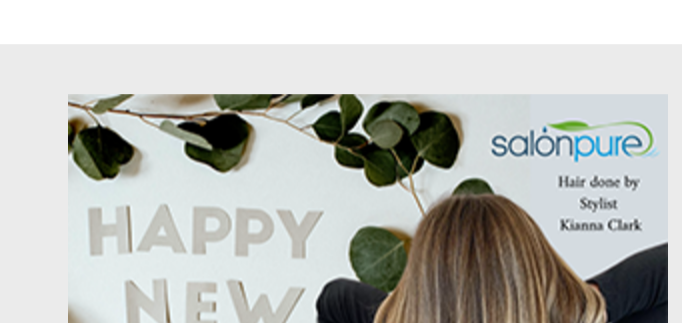


You know things are bleak when you find yourself watching *The Secret Life of the Cruise Ship* at 11pm with equal parts horror and fascination. Having run through most shows on Netflix and Amazon Prime, this is what captured my attention?? And, oh yes, I watched the entire thing. The teetering stack of books on my bedside tables beckons, but my attention span seems to have vanished along with our collective antibodies. Phone conversations are limited to who has Covid or what we're bingeing on TV. There's not much to talk about going into year three of the pandemic. Aaah, but let's be hopeful that Omicron blows through quickly, and we'll be spared another variant of concern.

Happy New Year,  
Erica



The Williams School  
scholarship • character • community



## Woodfired Eats, Brews & Cocktails By Way of Company at Surfridge Brewing Company

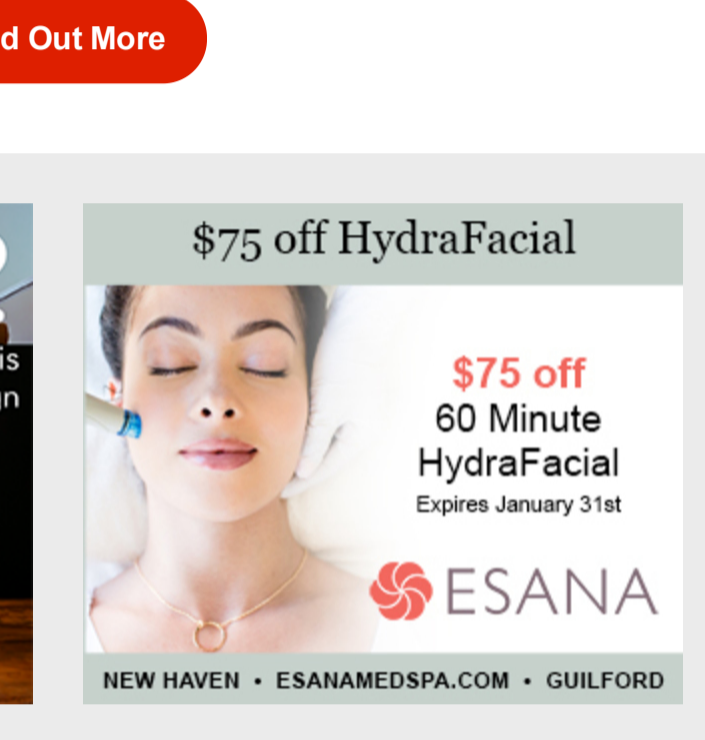
Right before Christmas (and before the latest Covid spike), Laura and I raced off to Surfridge Brewing Company, a new taproom/eatery in Centerbrook. Laura has been stalking the place for months and managed to finagle an invite to the soft opening...

[See All the Pics](#)

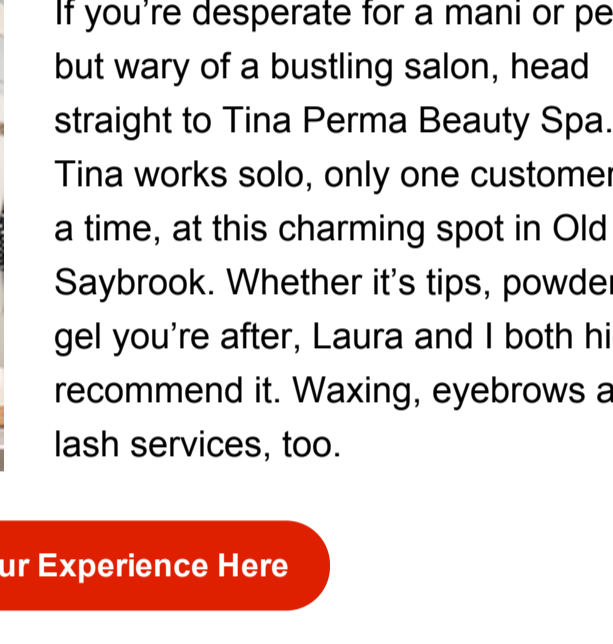


## The Village Bistro: A Fresh-Faced Neighborhood Eatery

We've enjoyed every morsel we've tasted at 59 Main Street in Chester. Delightful meals have spanned decades from DuVillage to Restaurant L&E and Hot French Chix. Thanks to Chelsey Feldcher, a pandemic-era Manhattan transplant and her crew, this fresh rendition continues to deliver...



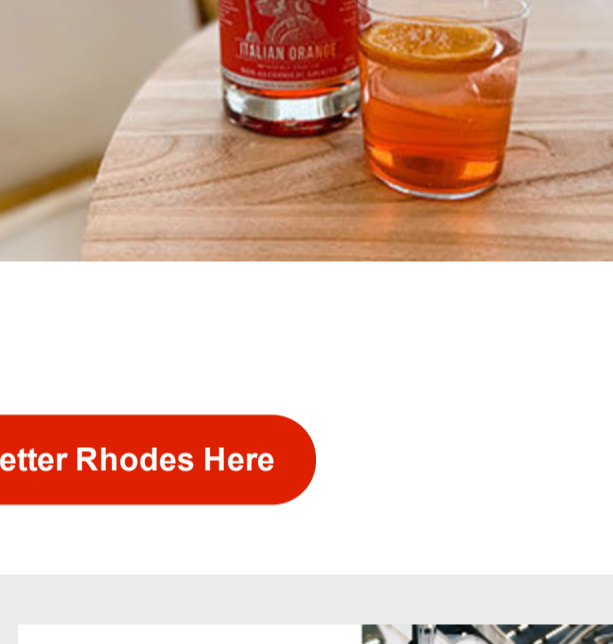
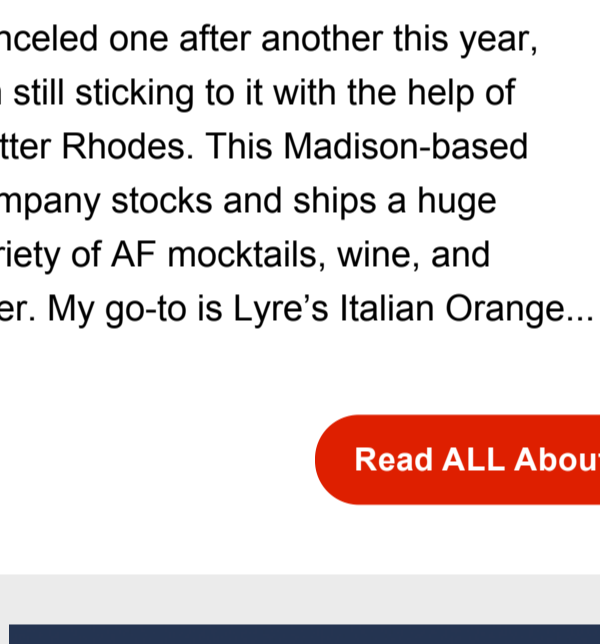
[Find Out More](#)



## Great Tip(s):

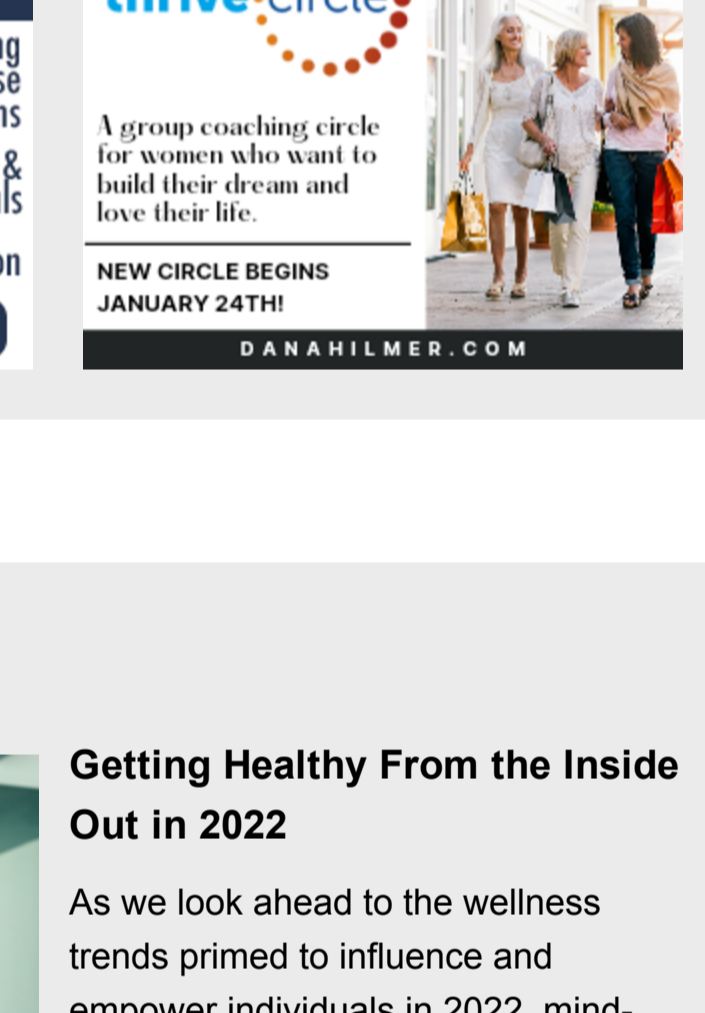
If you're desperate for a mani or pedi but wary of a bustling salon, head straight to Tina Perma Beauty Spa. Tina works solo, only one customer at a time, at this charming spot in Old Saybrook. Whether it's tips, powder, or gel you're after, Laura and I both highly recommend it. Waxing, eyebrows and lash services, too.

[Read More About Our Experience Here](#)

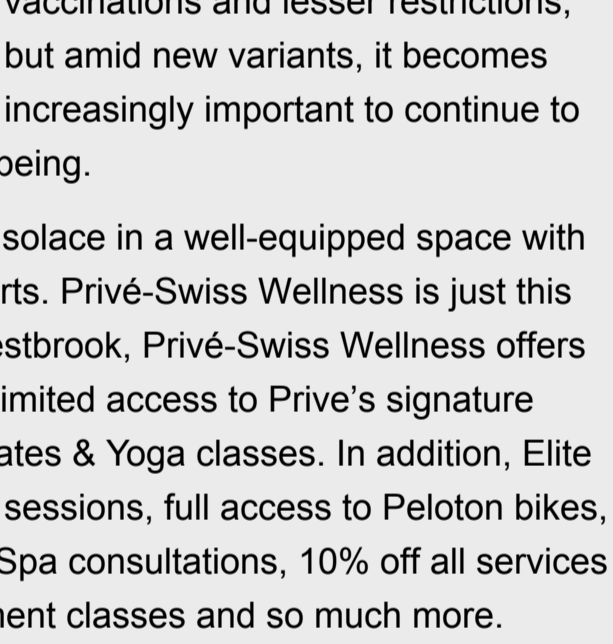
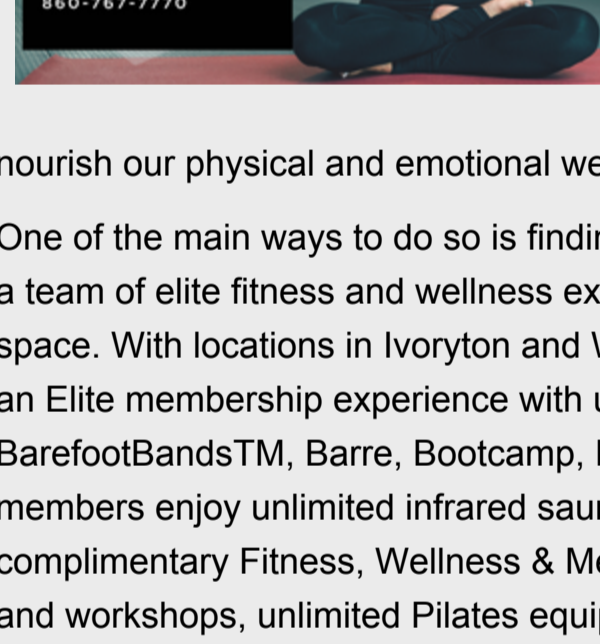


## Better Rhodes: AF and FAB

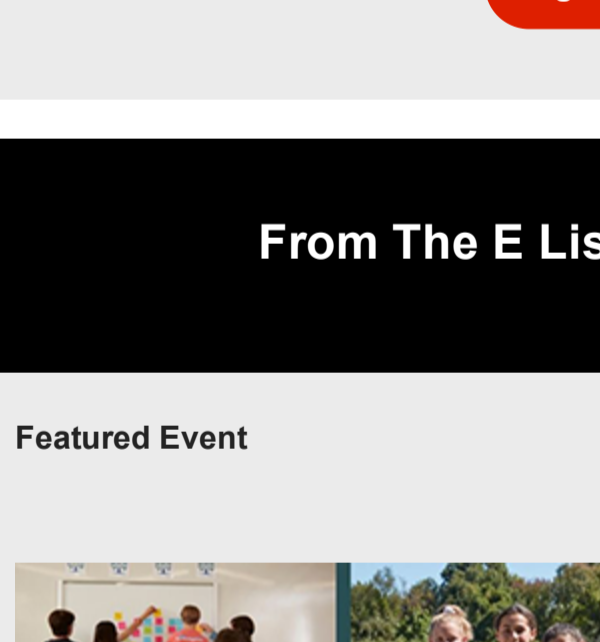
Dry January is a tradition for me, mainly to detox and lose a couple of pounds after a month of holiday parties. While the soirees were canceled one after another this year, I'm still sticking to it with the help of Better Rhodes. This Madison-based company stocks and ships a huge variety of AF mocktails, wine, and beer. My go-to is Lyre's Italian Orange...



[Read ALL About Better Rhodes Here](#)



## Sponsored Story



## Getting Healthy From the Inside Out in 2022

As we look ahead to the wellness trends primed to influence and empower individuals in 2022, mind-and-body benefits feel especially vital. Yes, we have seen improvements in vaccinations and lesser restrictions, but amid new variants, it becomes increasingly important to continue to nourish our physical and emotional well-being.

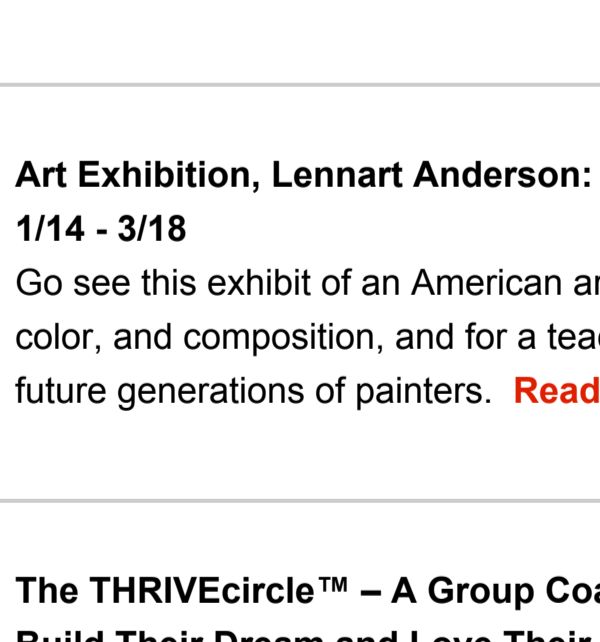
One of the main ways to do so is finding solace in a well-equipped space with a team of elite fitness and wellness experts. Privé-Swiss Wellness is just this space. With locations in Ivoryton and Westbrook, Privé-Swiss Wellness offers an elite membership experience with unlimited access to Privé's signature BarefootBands™, Barre, Bootcamp, Pilates & Yoga classes. In addition, Elite members enjoy unlimited infrared sauna sessions, full access to Peloton bikes, complimentary Fitness, Wellness & MedSpa consultations, 10% off all services and workshops, unlimited Pilates equipment classes and so much more.

A limited number of Elite memberships are available for just \$249/month through January 31st, 2022. Prices increase to \$269/mo. on February 1st. To reserve your 2022 Elite membership, call 860-767-7770.

[Sign Up Today](#)

## From The E List Events Calendar

### Featured Event



## Independent Day School January In-Person Open House

Please join us on Saturday morning, January 22, 2022, from 9 - 12 pm for an in-person open house. In addition to touring our school and seeing our beautiful facilities, you will hear from current parents, faculty, administrators, and students about what sets our academic program apart from other schools and what makes our students FEARLESS!

[Sign Up Here](#)

## Virtual Watercolor Classes with Artist Marika Hahn, 2/1 - 2/23

Explore watercolor techniques in a virtual series with NYC-based artist, Marika Hahn. [Read more...](#)

## Balance Your Hormones & Reduce Inflammation w/ Brigitta Jansen at Privé Swiss, 1/12

On a Hormone Roller Coaster? Learn how to balance your blood sugar for a stable mood and weight. [Read more...](#)

## Art Exhibition, Lennart Anderson: A Retrospective at Lyme Academy, 1/14 - 3/18

Go see this exhibit of an American artist renowned for his mastery of tone, color, and composition, and for a teaching career that deeply influenced future generations of painters. [Read more...](#)

## The THRIVEcircle™ – A Group Coaching Circle for Women That Want to Build Their Dream and Love Their Life, Starts 1/24

Explore the top habits of thriving and successful women and benefit from loads of coaching, support, accountability, and connection in this 6 month series. [Read more...](#)

## Yellow Farmhouse Presents: Food & Gender Author Series, 1/27

Register for this virtual series exploring where our beliefs, emotional connections and behavior patterns about food come from. [Read more...](#)

## 6 Week Health + Fitness Total Refresh. 1/31 - 3/13

Get a fresh start after the holidays with this 6-week Health and Fitness Total Refresh, all done virtually from the comfort and safety of your home. [Read more...](#)

Looking for more to do? Find art classes, yoga, current exhibits, and more on [The E List Calendar](#):

[BROWSE THE CALENDAR](#)

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