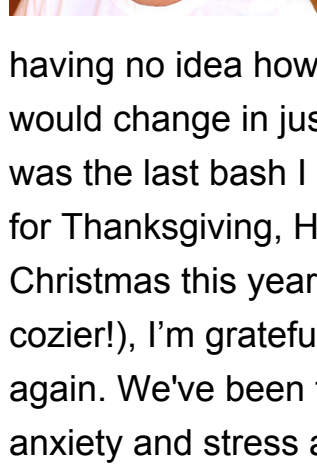


An Excruciatingly Opinionated Guide to the Connecticut Shoreline

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


I have a happy dinner party photo from New Year's 2019: a cozy, grinning group of fourteen of us. We look so innocent,

having no idea how dramatically our world would change in just a few months. That was the last bash I threw, and as I gear up for Thanksgiving, Hannukah, and Christmas this year (smaller and even cozier!), I'm grateful that we can gather again. We've been through the mill; our anxiety and stress are at an all-time high. One thing that I prioritized during the pandemic (for the first time in my life) was self-care. A blend of meditation, exercise, and a healthy diet boosted me during the months of isolation. As my social life has crept back, so have a few bad habits. We reached out to some experts for some holiday tips on managing expectations this season and keeping anxiety at bay.

Love,
Erica

Timothy Pamment SALON

Testimonials

“ Truly stellar talent; it feels good to be in great hands. ”

“ My mother always said that the true sign of a good cut isn't when you leave the salon, it's when it grows out. And, my hair has never looked as good! Thanks Timothy! ”

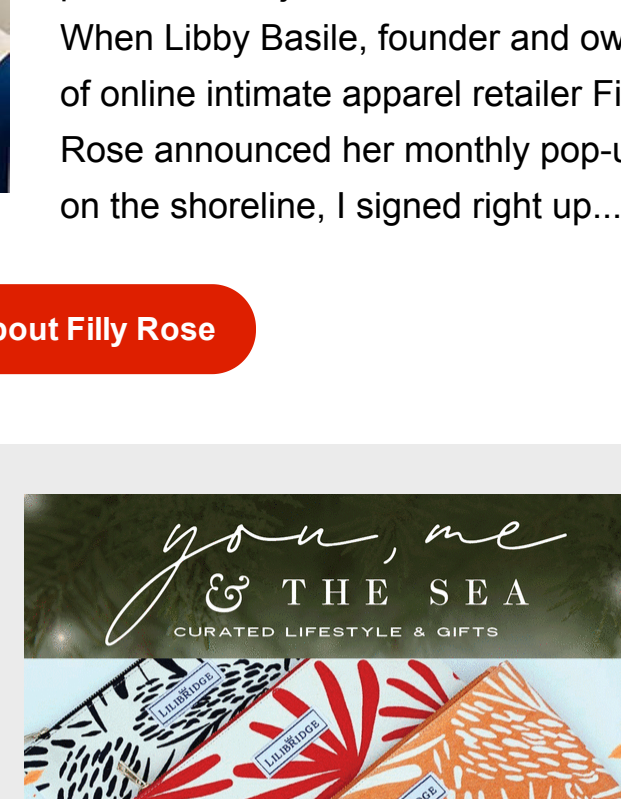
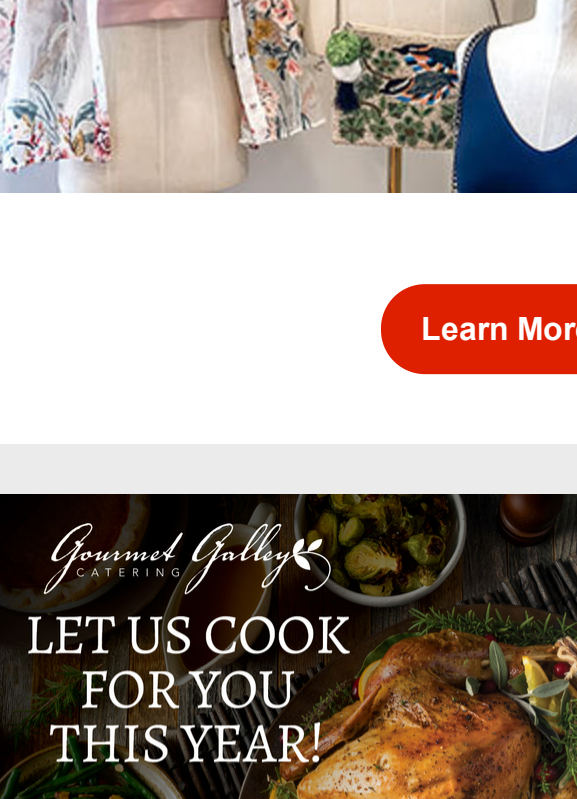
“ I would not go anywhere else. My hair color is perfection. I booked all my 2022 appointments! ”

“ Impeccable! True Professionals. Always current and in style. It's well worth the 1+hour drive to get to the Timothy Pamment Salon. ”

-Voted Connecticut's Best Hair Salon- 900+ Five-Star Reviews-

[CLICK TO REQUEST APPOINTMENT](#)

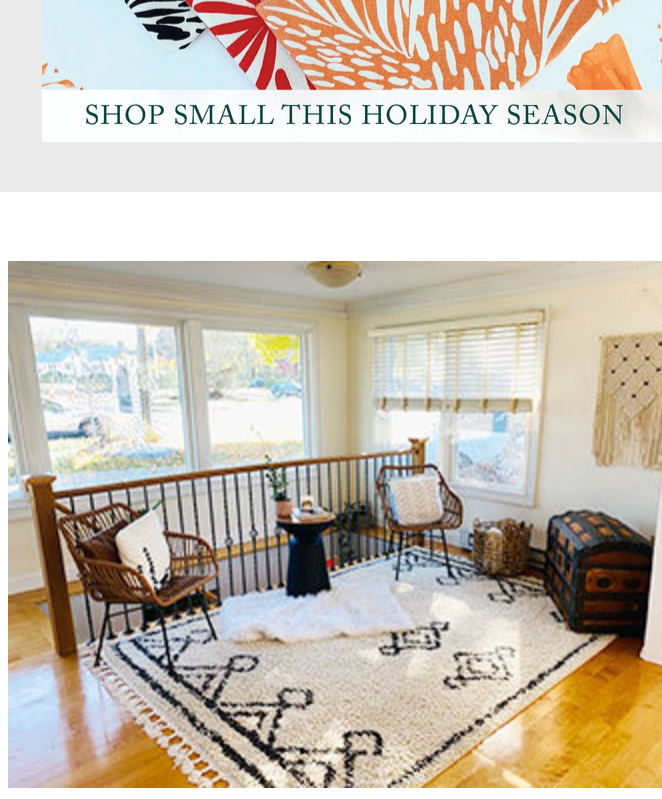
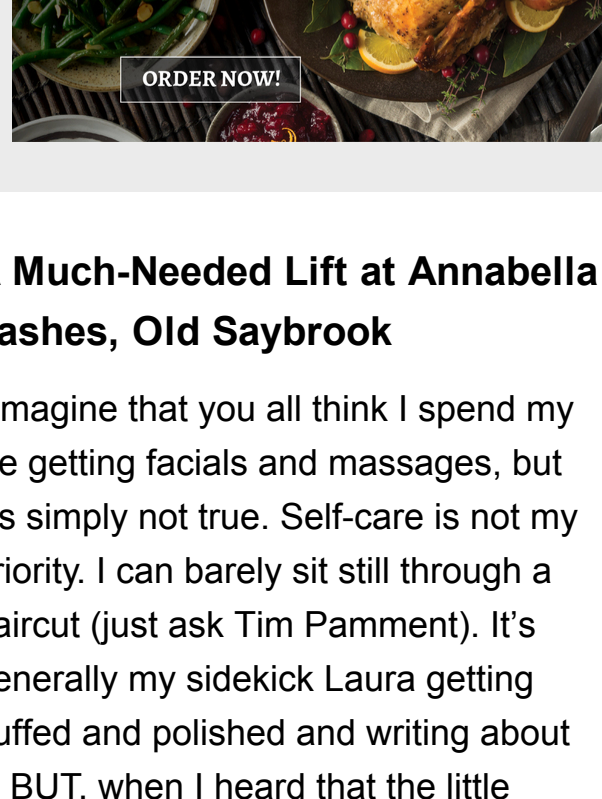
p.s. Like the list? You can help us grow by forwarding to friends!



An Intimate Bra Fitting with Filly Rose

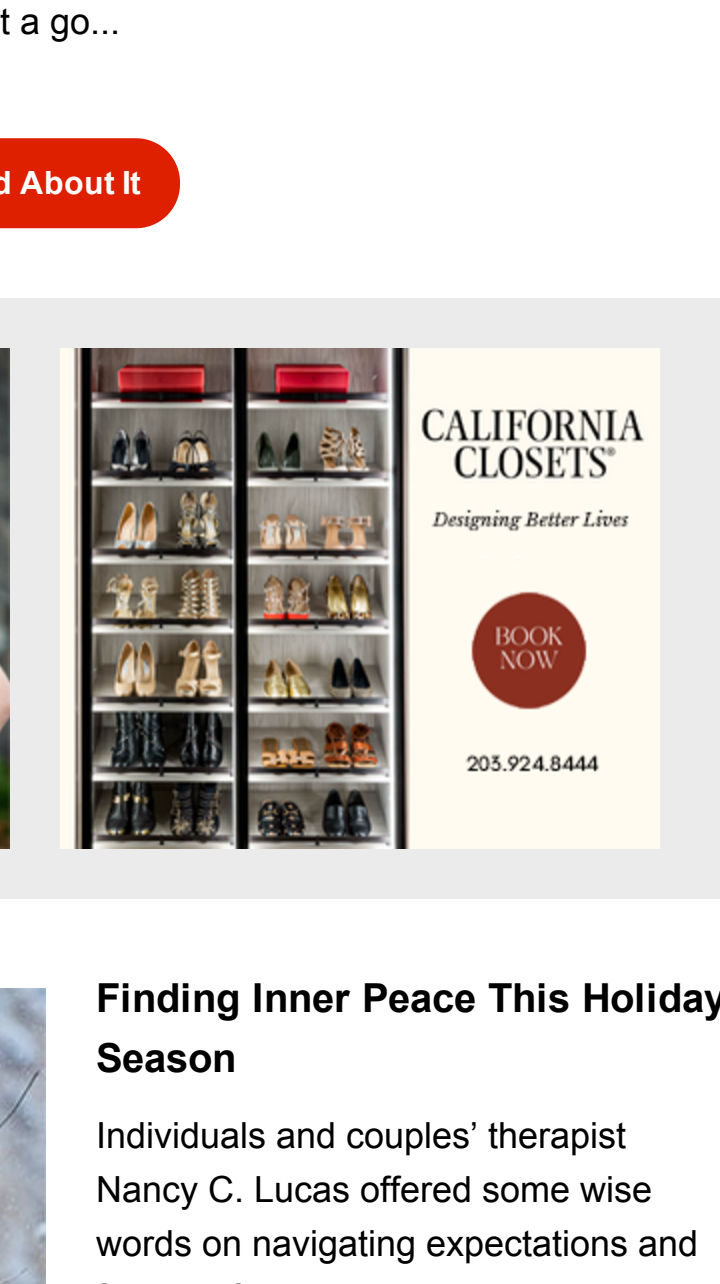
A proper bra fitting has been on my to-do list for at least a few months. I had a schedule for the few and far-flung professionals just never materialized. When Libby Basile, founder and owner of online intimate apparel retailer Filly Rose announced her monthly pop-ups on the shoreline, I signed right up...

[Learn More About Filly Rose](#)

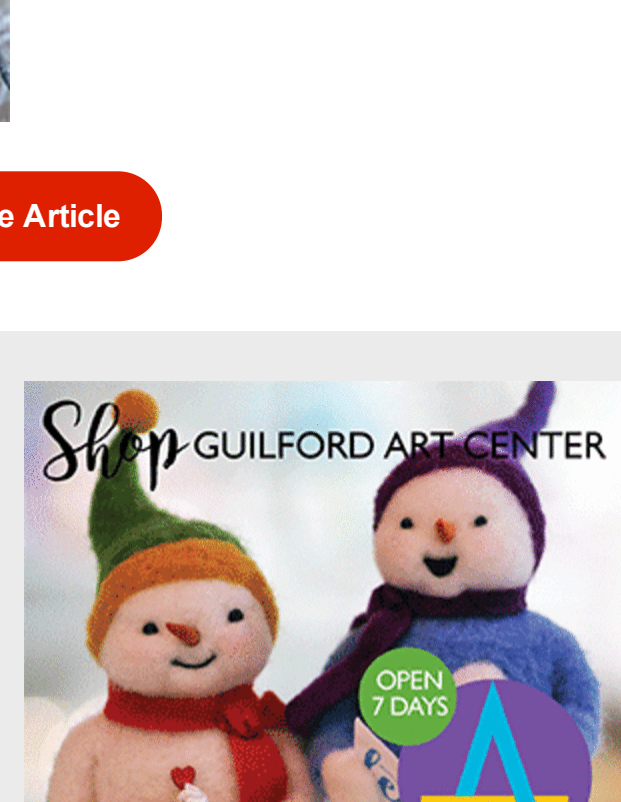
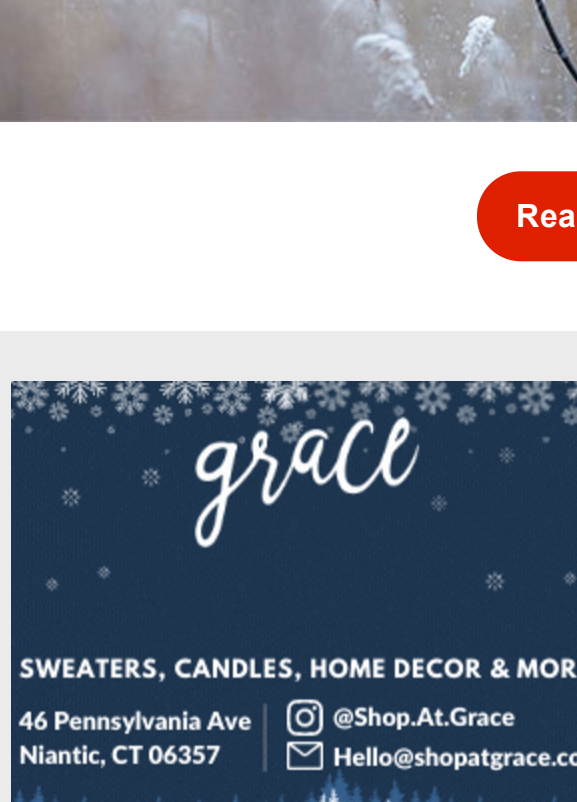


A Much-Needed Lift at Annabella Lashes, Old Saybrook

I imagine that you all think I spend my life getting facials and massages, but it's simply not true. Self-care is not my priority. I can barely sit still through a haircut (just ask Tim Pamment). It's generally my sidekick Laura getting buffed and polished and writing about it! BUT, when I heard that the little house across from Rosemary and Sage in Old Saybrook had a new eyelash and brow studio, I decided it was high time to give it a go...



[Read About It](#)



Finding Inner Peace This Holiday Season

Individuals and couples' therapist Nancy C. Lucas offered some wise words on navigating expectations and feelings for the upcoming season...

[Read the Article](#)



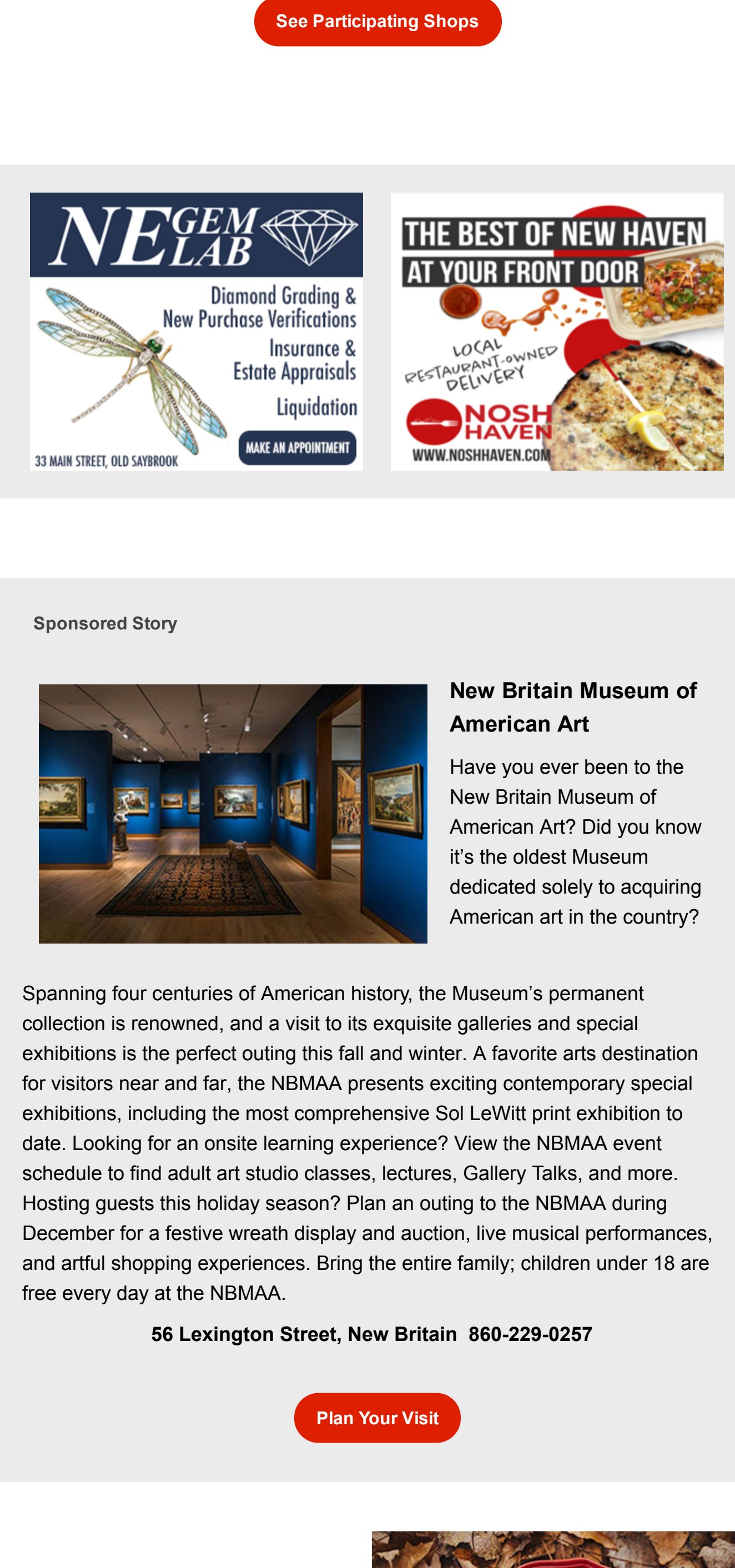
Nutritional Tips for Anxiety and Depression

Functional Medicine Nutritionist Kristen Vollaro shared advice with us on targeted nutrition as a supplement to managing your mental health...



[Here's What She Had To Say](#)

Girls' Day & Night Out in Guilford



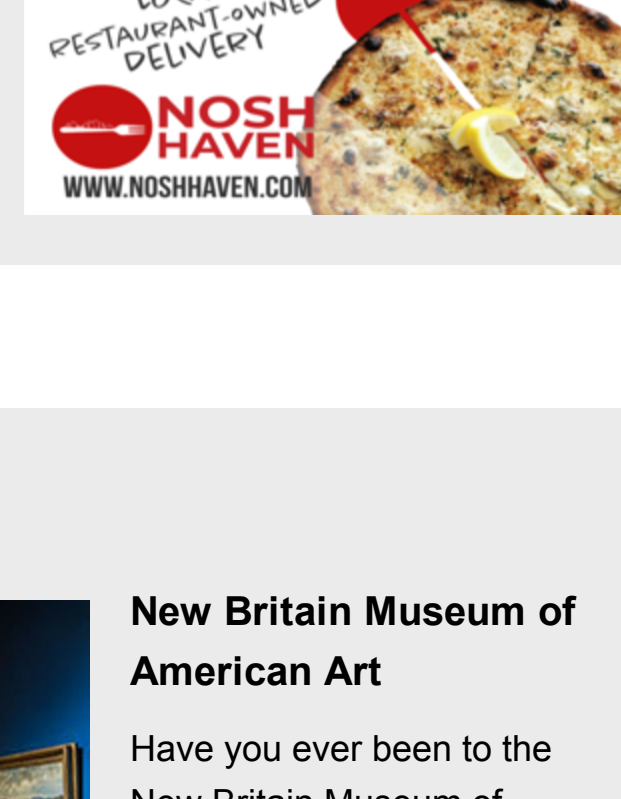
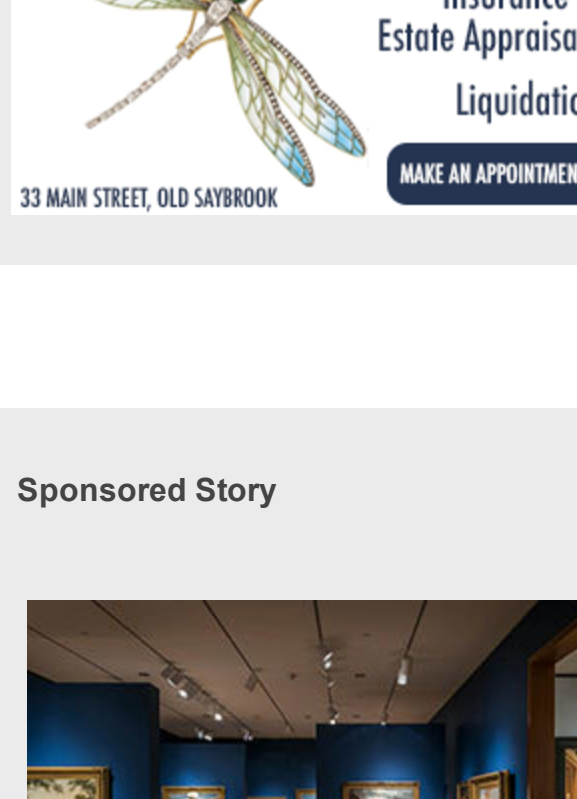
This Thursday: Girls' Day & Night Out in Guilford!

We're changing things up a bit this year to be safe. The event will no longer have ONE meeting place to avoid the crush. And this year we'll be starting at NOON to spread out the shopping hours!

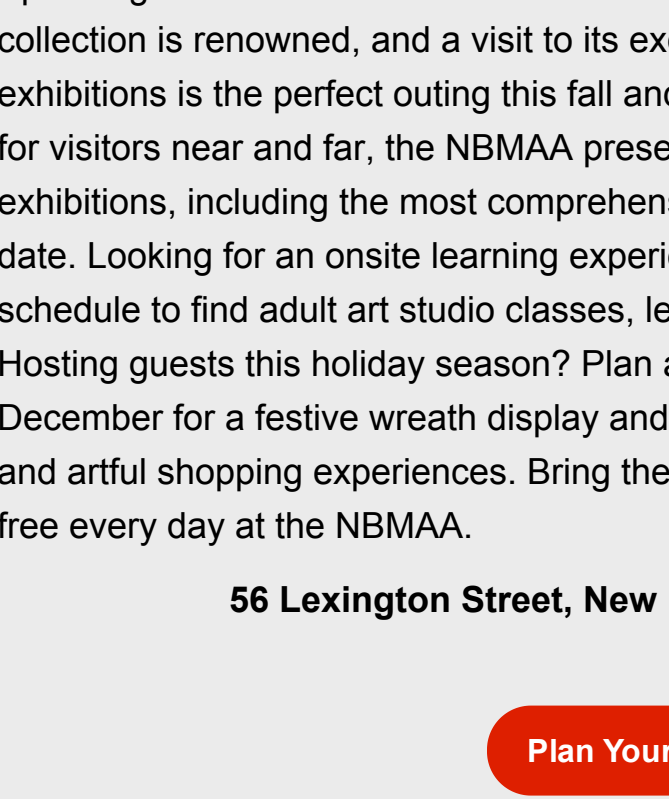
To access your discount of 20% off everything (exclusions apply) at participating boutiques, just fill in your name and email at this link: <https://theeli.st/2YJh4Td>

Twenty-two shops and restaurants are participating in Girls' Day & Night Out. We took a stroll through Guilford the other day and [here's a preview of some fun finds](#).

[See Participating Shops](#)



Sponsored Story



New Britain Museum of American Art

Have you ever been to the New Britain Museum of American Art? Did you know it's the oldest Museum dedicated solely to acquiring American art in the country?

Spanning four centuries of American history, the Museum's permanent collection is renowned, and a visit to its exquisite galleries and special exhibitions is the perfect outing this fall and winter. A favorite arts destination for visitors near and far, the NBMAA presents exciting contemporary special exhibitions, including the most comprehensive Vol LeWitt print exhibition to date. Looking for an onsite learning experience? View the NBMAA event schedule to find adult art studio classes, lectures, Gallery Talks, and more. Hosting guests this holiday season? Plan an outing to the NBMAA during December for a festive wreath display and auction, live musical performances, and artful shopping experiences. Bring the entire family; children under 18 are free every day at the NBMAA.

56 Lexington Street, New Britain 860-229-0257

[Plan Your Visit](#)

In case you missed it:

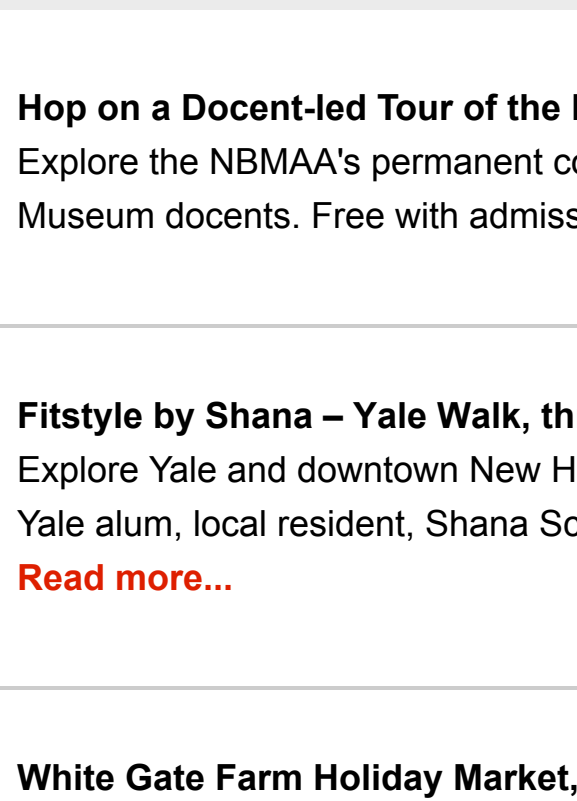
Last week's list we shared a list of turkeys, take-out, and places to dine for Thanksgiving.



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

From The E List Events Calendar

Featured Event



Storytelling & Selfies with Santa & Mrs. Claus at The Shops at Yale

Santa and Mrs. Claus will visit The Shops at Yale and read stories to children for the first hour from 1:00-2:00pm, followed by selfies with families from 2:00-3:00pm. Free and open to the public. (The city of New Haven requires face masks indoors, except when seated in a restaurant.)

[See Dates & Locations](#)

Hop on a Docent-led Tour of the NBMAA

Explore the NBMAA's permanent collection with one of their knowledgeable Museum docents. Free with admission! [Read more...](#)

Fitstyle by Shana – Yale Walk, thru 11/21

Explore Yale and downtown New Haven and rack up those daily steps with Yale alum, local resident, Shana Schneider, founder of Fitstyle by Shana. [Read more...](#)

White Gate Farm Holiday Market, 11/21 & 12/19

Head to White Gate Farm for two festive Holiday Markets this season featuring music, pizza, gifts, and more. [Read more...](#)

Thanksgiving Boot Camp, Tablescapes & More Classes at Weekend Kitchen, 11/17 - 12/14

Everything you need to know for the holidays from turkey and tablescapes to homemade gifts and vegan recipes. [Read more...](#)

The Shops at Yale: Holiday Ice Carving Competition & A Cappella Concert, 12/12

Vote on your favorite ice sculpture and automatically be entered to win one of five \$50 gift cards. [Read more...](#)

Looking for more to do? Find festive workshops, local theater, holiday concerts, and more on [The E List Calendar](#):

[BROWSE THE CALENDAR](#)

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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