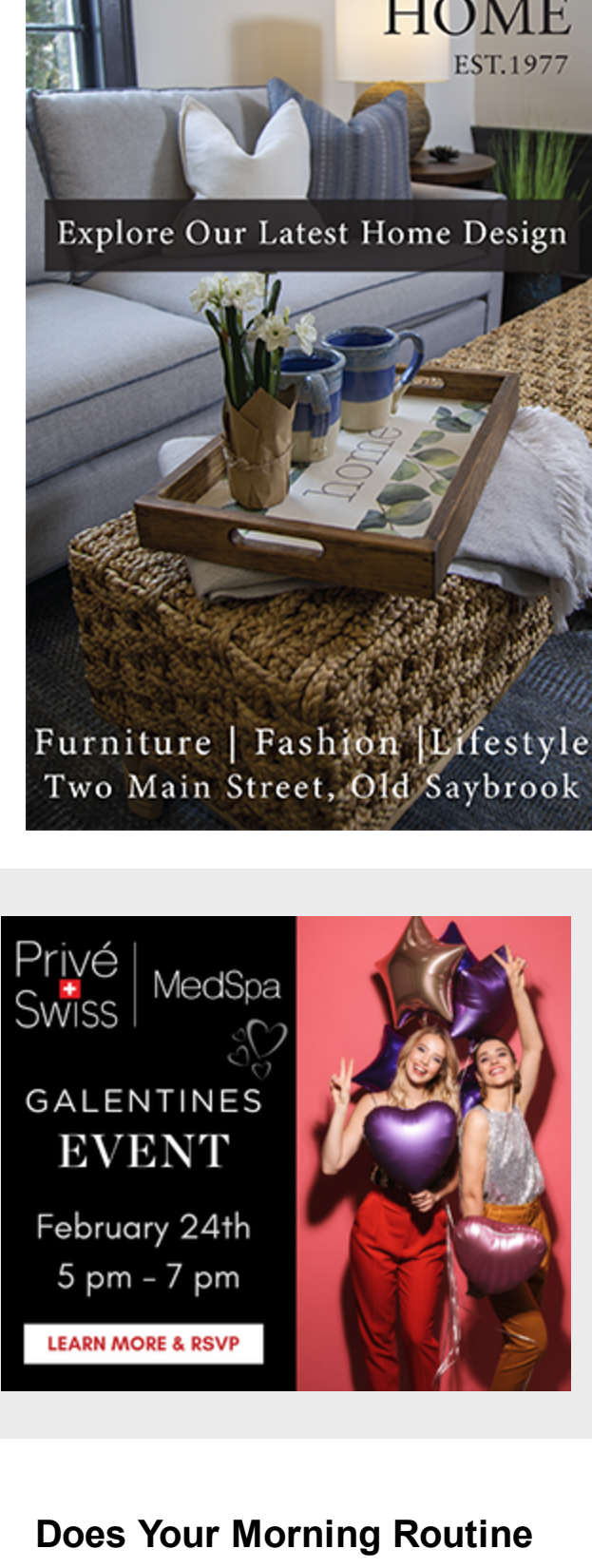


Being restricted to my house (and either my bed or the ugliest-but-coziest recliner you've ever seen) has been a true test for my type-A character. If you missed the last list, I had spinal fusion surgery in mid-January, and the last few weeks have been a fog of pain and painkillers. But I've turned a corner, and getting off the drugs has vastly improved my mood (if you ask me, it makes no sense that narcotics are also depressants!).

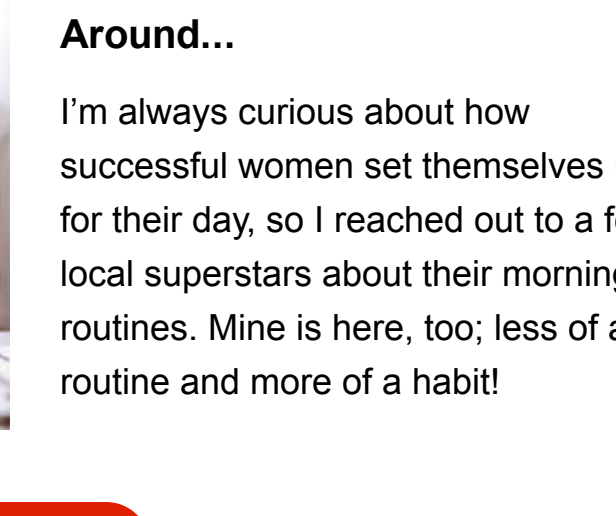
I am so fortunate to have a devoted crew of the very best friends who fed me well and propped me up by phone and text when it all seemed too bleak. Visitors were verboten due to the 25% Covid rates, but now that we've dropped to 6%, I'm looking forward to seeing human faces!

For New Englanders, January and February are a time of reflection, resolutions, and future planning without the interference of sun and fun. I've used this downtime to do nothing: no endless to-do lists, no projects, no goals. Not easy for my restless mind! I'm hoping that I've finally rid myself of the annoying habit of "busy." An unintended resolution in itself. Let's hope it sticks!

love, Erica



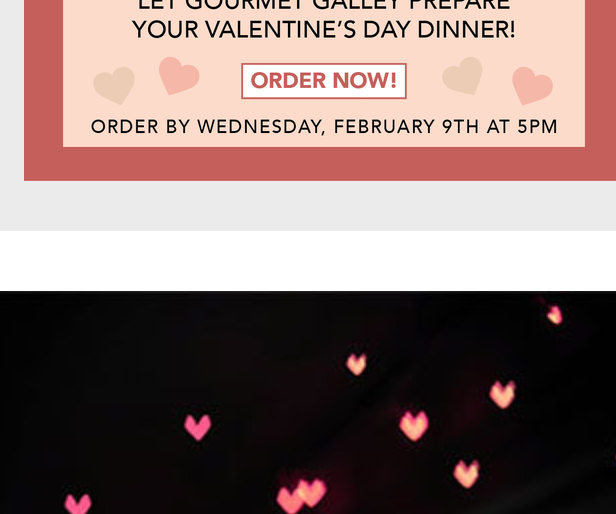
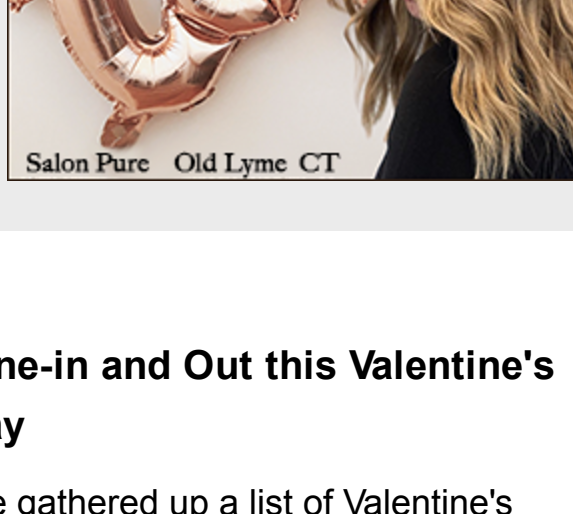
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**Does Your Morning Routine Need a Makeover? We Asked Around...**

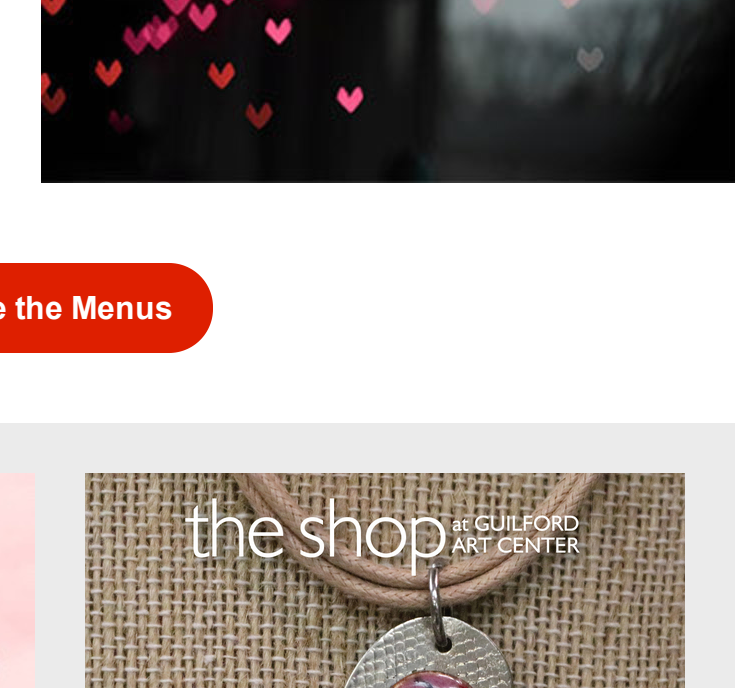
I'm always curious about how successful women set themselves up for their day, so I reached out to a few local superstars about their morning routines. Mine is here, too; less of a routine and more of a habit!

[Get the Details](#)

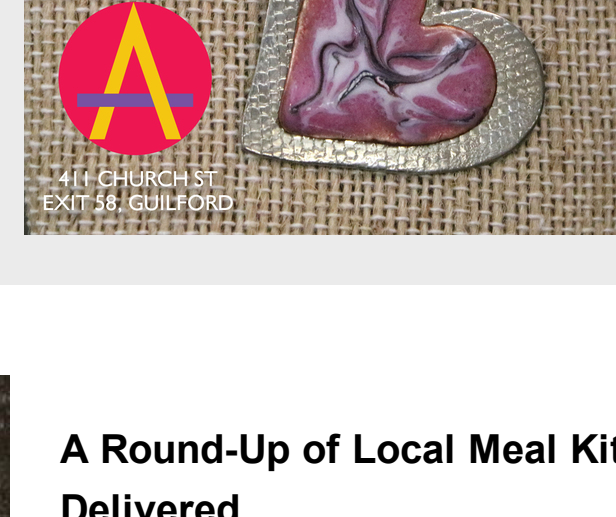


**Dine-in and Out this Valentine's Day**

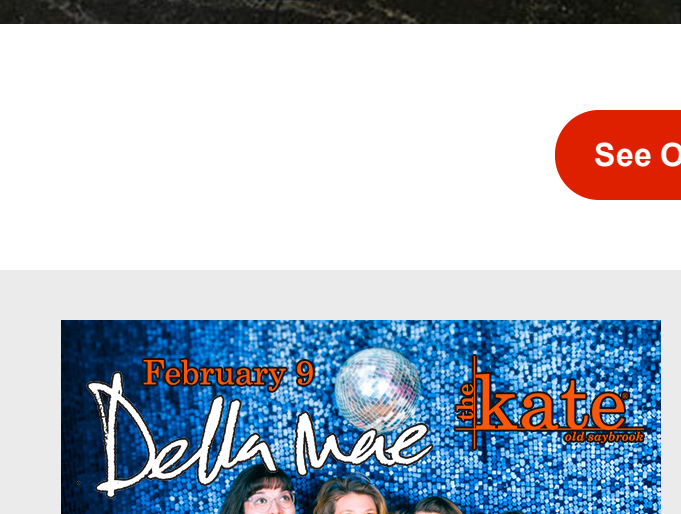
We gathered up a list of Valentine's Day menus for dining in and out from some of our favorite romantic spots on the shoreline.



[See the Menus](#)

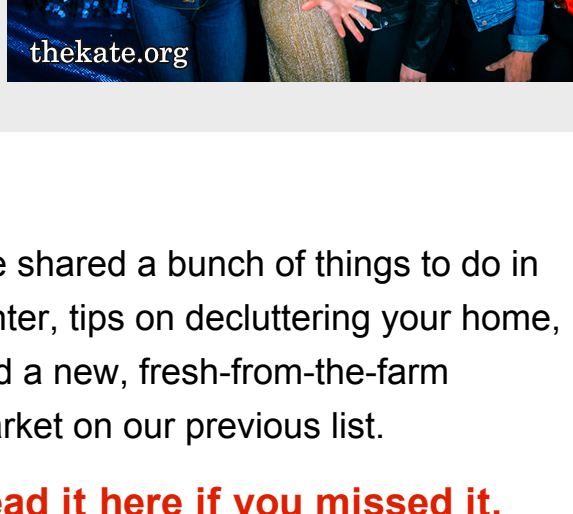


**A Round-Up of Local Meal Kits; Delivered**



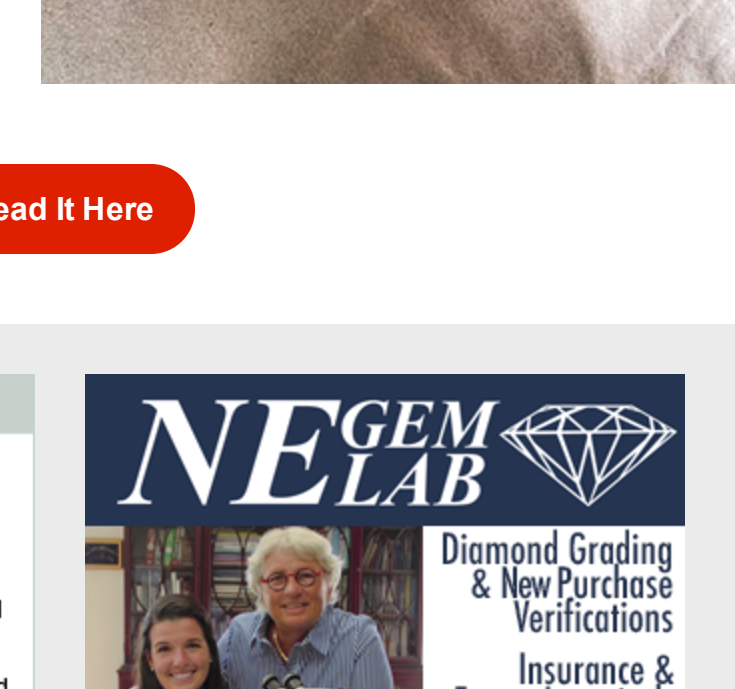
Stayingcation during President's Day weekend? Let's make pretend we're somewhere more fun and ordering up room service with these local and delicious meal deliveries!

[See Our List](#)

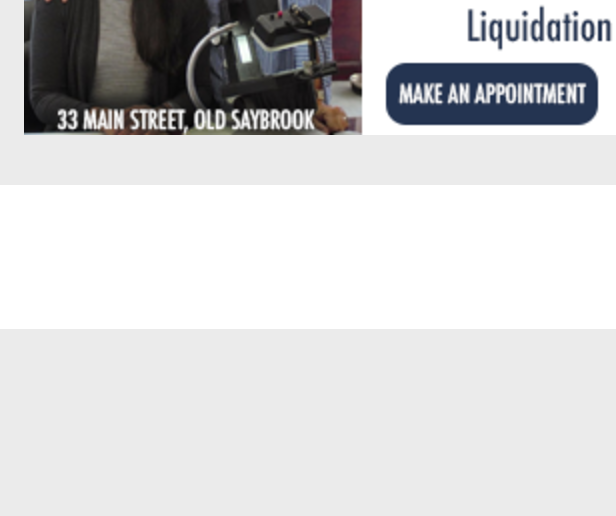
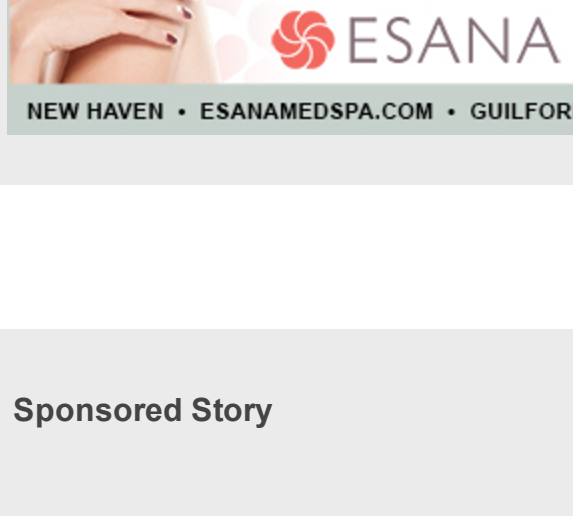


We shared a bunch of things to do in winter, tips on decluttering your home, and a new, fresh-from-the-farm market on our previous list.

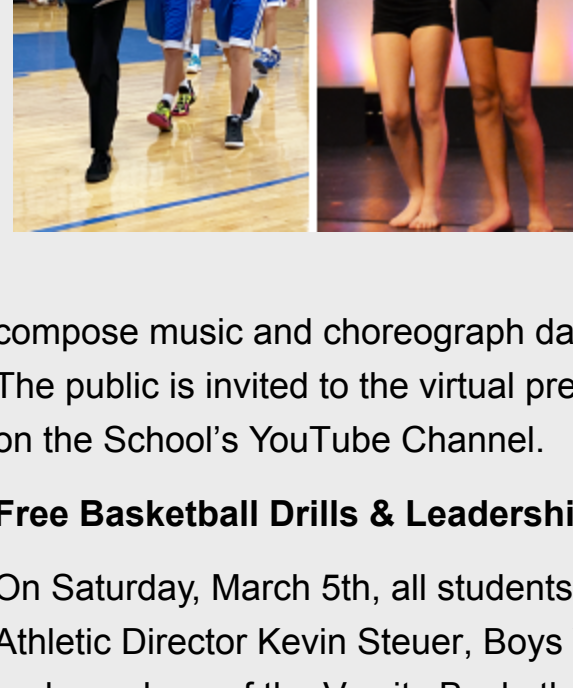
[Read it here if you missed it.](#)



[Read It Here](#)



**Sponsored Story**



**There's a lot going on at The Williams School in March!**

**Compchorea Premieres on March 3rd**

Compchorea will take center stage at Williams' Daren Performing Arts Center March 3-5, 2022. Guided by Williams' Director of Dance Bo Parish and Music Director Jeffrey Creuger, students are empowered to compose music and choreograph dance for the 40th iteration of Compchorea. The public is invited to the virtual premiere on Thursday, March 3 at 7:00 PM on the School's YouTube Channel.

**Free Basketball Drills & Leadership Skills Clinic on March 5th**

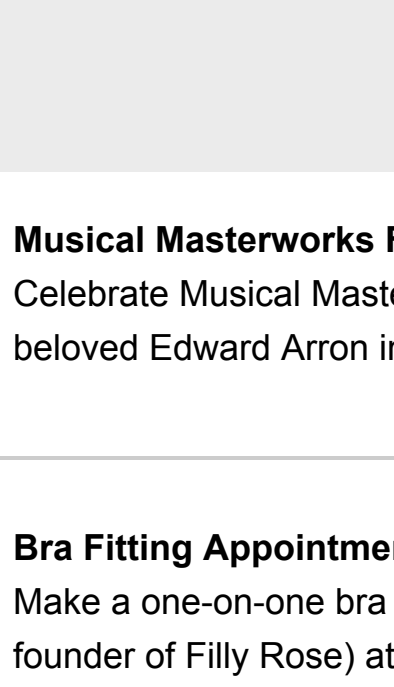
On Saturday, March 5th, all students in grades 4-11 are invited to join Williams' Athletic Director Kevin Steuer, Boys Varsity Basketball Coach Miles Daniels, and members of the Varsity Basketball Teams for a morning of basketball, study skills, financial literacy, and leadership training.

*The Williams School is an independent college prep day school for students in grades 6 - 12 on the campus of Connecticut College.*

[Learn More](#)

**From The E List Events Calendar**

**Featured Event**



**Virtual Watercolor Classes with Artist Marika Hahn**

Join NYC-based artist Marika Hahn for her virtual classes, designed for adults with varied artistic abilities. Everyone is welcome!

Marika starts each class with a demonstration showing specific techniques needed to accomplish completed paintings. Each week will have a theme and an inspiration; the class approaches watercolor using a graphic illustration with an emphasis on composition and cropping. The process will be a source of relaxation, expanded creativity, and FUN!

Marika graduated from The Fashion Institute of Technology in NYC, majoring in Fashion Illustration and Advertising Design. She studied Children's Book Illustration at The School of Visual Art.

[Learn More Here](#)

**Musical Masterworks February 2022 Concerts, 2/12 & 2/13**

Celebrate Musical Masterworks' 31st anniversary and the final year of their beloved Edward Arron in his position as Artistic Director. [Read more...](#)

**Bra Fitting Appointments with Filly Rose Intimates, 2/15**

Make a one-on-one bra fitting appointment with Libby Basile (owner and founder of Filly Rose) at Willow Salon in Guilford. [Read more...](#)

**Madison Art Cinemas Reopens!**

Great news! The Madison Art Cinema has reopened after an extensive renovation with new luxury rockers, air filtration system, and more! [Read more...](#)

**The THRIVEcircle™ – A Group Coaching Circle for Women That Want to Build Their Dream and Love Their Life, 2/14 - 7/11**

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

**Ice Festival at Mystic Seaport Museum, 2/19 - 2/21**

Shake off that cabin fever with 3 days of frosty fun on the spacious grounds of the Mystic Seaport Museum on President's Day Weekend! [Read more...](#)

**Galentine's Day Tea at Old Lyme Inn, Saturdays in February**

Grab a friend or your sweetheart and head to Old Lyme Inn for a Valentine's Day Tea; every Saturday in February. [Read more...](#)

**6 Smart Strategies for Designing an Outdoor Space, thru 3/30**

Get your outdoor project going so you might have that new dream space ready for summer. Sign up before March 30 for a free consultation with Studio Rose. [Read more...](#)

**See the Exquisite New Landscape Show at the NBMAA, thru 5/22**

Go see this stunning array of over 40 paintings created between 1818 and 1886. [Read more...](#)

**Looking for more to do? Find workshops, local theater, 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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