

The Post Road Review



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22nd Niantic River Appreciation Day Kayak Regatta

Save the River-Save the Hills is excited to announce our 22nd Kayak Regatta in celebration of Niantic River Appreciation Day! Join fellow Niantic River enthusiasts on Saturday August 15, 10 a.m.-2 p.m. (raindate Sunday, Aug. 16). We welcome all fellow paddlers in any non-motorized vessel – kayaks, SUP, canoes – to join us in a fun-filled day on the Niantic River Estuary. Free Family Fun!!

Come paddle the scenic Niantic River with Save the River-Save the Hills and experience the Oswegatchie Hills from a water view. Put in at Cini Park in Niantic, Mago Point in Waterford, or call Deb at 860-444-9247 for close-by in Waterford launch site. Join in short, fun races and become a member of STR-STH and/or buy a t-shirt at our membership table. Enjoy donated clam chowder from Flanders Fish and hotdogs from Three Belles Outfitters served at Grimsey Beach. Here's the tentative schedule:

9:30 a.m. – launch in the Niantic River and get to Sandy Point by 10 a.m.

10:00 a.m. – meet the Goshen Fire Boat at Sandy Point & parade in front of the Oswegatchie Hills

10:30 a.m. – arrive at Grimsey Beach across from the Hills to live music!

11:30 a.m. – Enjoy the free hotdogs and clam chowder

12:30 p.m. – Update on STR-STH's Programs and comments from our elected officials

1:15 p.m. – Short Kayak Races for braggin' rights and tshirts!

1:45 p.m. – Drawing for Kayak! (Free for STR-STH members)

2:00 p.m. – head back to your launch spot happy and full!

We will be updating our Kayak Regatta page on www.savetheriversavethehills.org and posting on our Facebook page in the coming weeks with more information, so stay tuned. We are so excited to be sharing this celebration – it is the people who come and paddle that have made this day so special for the last 22 years!



NEW HOME IMPROVEMENT AND SERVICES SECTION PG 44-45

NEW CROSSWORD PUZZLE.....PG 27

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AUGUST TIDE CHART.....PG 42

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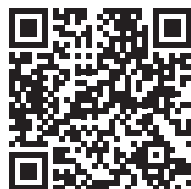
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Great Family Fun!

22nd Annual Niantic River Appreciation Day

Kayak Regatta

Sat. August 15th, 2026 ~ 10:00am to 2:00pm
(Raindate, Sunday Aug 16th)

**Free Hot Dogs from Three Belles Marina &
Clam Chowder from Flanders Fish!**

10am – Kayak Parade from Sandy Point to Grimsey Beach!
Short fun races, kayak parade, LIVE MUSIC and FUN!
1:30pm – DRAWING for a KAYAK!

 @SaveTheRiverSaveTheHills
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McCook's Park Beach 2026 Summer Concert Series

Concerts are back at McCook Point Park this summer! There is a fantastic lineup of performers offering a variety of genres set for Wednesday's on the beach and Friday's in the bandshell! Support local eateries by dining in or getting takeout to enjoy at the park while listening to some great tunes.

Parking passes will not be needed to enter the park beginning at 5 p.m. on concert evenings and attendees are encouraged to bring lawn chairs, blankets, food and beverages. No alcohol is permitted.

Wednesdays: 6-8 p.m. at McCooks Main Beach

Wed 8/5 Low Tiders

Wed 8/12 3 Hours Later

Wed 8/19 Boat House Blues Band

Wed 8/26 Five Bean Row

Fridays: 6-8 p.m. at McCooks Bandshell

Fri 8/7 Nightshift

Fri 8/14 Chris Marra Band

Fri 8/21 Shaded Soul Band

Fri 8/28 Rusty Nutz

McCook Point Park & Beach is located at 4 Atlantic St. Niantic.

For more information visit <https://www.facebook.com/eastlyme-parks>.

Niantic Bay Playhouse Presents *To Kill a Mockingbird*

The Niantic Bay Playhouse, located at 279 Main Street, Niantic, presents *To Kill a Mockingbird* on the following dates:

October 9th 7:30 p.m.

October 10th 7:30 p.m.

October 11th 2 p.m.

October 14th 10 a.m.

October 15th 7:30 p.m.

October 16th 7:30 p.m.

October 17th 4 p.m.

October 18th 2 p.m.

October 21st 10 a.m.

October 23rd 7:30 p.m.

October 24th 7:30 p.m.

October 25th 2 p.m.

For more information and to purchase tickets visit <https://www.nianticbayplayhouse.org>.

The Post Road Review

Serving the communities of East Lyme,
Flanders, Niantic and Waterford

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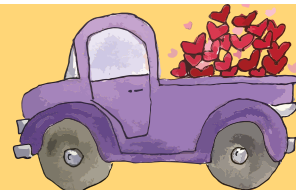
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Servio Wilches, PA-C, is a dedicated board certified Physician Assistant with over 13 years of experience in child and Adolescent medicine. Servio is fluent in both English and Spanish providing compassionate, family-centered care at ELPC since Feb. 2026. He is committed to creating a welcoming and supportive environment for children and parents while delivering evidence-based pediatric care focused on both immediate concerns and long term wellness.

creating a welcoming and supportive environment for children and parents while delivering evidence-based pediatric care focused on both immediate concerns and long term wellness.

Their expertise and dedication to children's health will help us continue providing compassionate, high-quality pediatric care for families throughout our community.



Cassidy McCarns, APRN, grew up in Branford, Connecticut, after working on the west coast as an APRN she recently relocated back to South Eastern Connecticut. Cassidy graduated from Bates College with a degree in Anthropology and earned her Master of Science in Nursing from Yale University in 2022. Cassidy is a board certified Nurse Practitioner, her warm approach and commitment to excellence make her a wonderful addition to our practice.

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Summer Supper at Niantic Community Church

NEW THIS YEAR – ITALIAN CUISINE: On August 11, from 5:30-7:00 p.m., come enjoy manicotti, meatballs, salad, bread, homemade desserts and pies. The supper is served in air-conditioned comfort. Outdoor seating is also provided. Takeout is another option for those who want to eat at home. Tickets are available at the door for the remarkable price of \$18 for adults and \$10 for children under 10 years old.

Clean Leaves Wanted

The East Lyme Giving Garden, would like to invite persons that have "clean" leaves in the fall, (or any time), to bring their leaves to their Organic Garden. Mulch must be free of pesticides or herbicides. If gathered, as soon as they drop from trees, this should be no problem.

The Giving Garden is located at 4 Church Lane in East Lyme, on the property of Flanders Baptist Community Church. They are blessed by the Church to use their land which is a 4 acre plot, to grow and donate nutritious organic produce. All of the produce is sent to the United Way Gemma Moran Food Center in New London, which is then distributed with other donated produce to local pantries throughout Southeastern CT.

The leaves can be brought to the Garden ANYTIME. However, the regular working hours for volunteers are Tuesday, Thursday, and Saturday mornings. Summer hours are 8-10 a.m. In the cooler months hours are 9-11 a.m. on those same days.

Volunteers work through mid to late November, and start up again by early March, once snow has melted away.

Leaves can be brought to the gate anytime that is convenient from March to late November.

Waterford Day Parade - Unity In Our Community!

The Town of Waterford is excited to announce our Annual Waterford Day Parade will take place on August 8, 2026, rain or shine! Step off is at 11 a.m. There will be a "viewing stand" area setup where all groups/organizations may stop to perform, if they so choose, for the VIPs sitting there. This year is not only the 250th of America, but also the 225th of Waterford! This year we are going BIG! We are looking to recognize and celebrate our seniors turning 100, homes and businesses turning 100 and our veterans; "Unity in our Community", the town we call home! The theme is "patriotic", so show off the good ole' Red, White and Blue! There's no charge to participate in the parade but you must be registered in order to participate. To register your group or organization for this year's parade please visit https://wysb.formstack.com/forms/waterford_day_parade_sign_up.

The parade route will start at Waterford High School and end at the First Baptist Church. There will be many events and activities happening at the Jordan Green and the Library prior to the start of the parade as well, from 8-10:30 a.m. Pre-Parade Activities include: Dunk Tank, Mr. Magic - This is a one-hour family show of non-stop fun that includes music, comedy, audience participation and sound effects., Balloon Twister, Face Painter, Coke Hug Machine, Inflatable Fire House and so much more!

Please reach out to Shannon Withey, swithey@waterfordct.org, 860-444-5834, if you have any questions.

We also have a Waterford Day Facebook page! We will post all updates on Waterford Day events, parade included, to this page. You will find tons of photos and a video from last year's event which hopefully get people excited for this year's event! Feel free to "follow" our page to stay updated on all the goodness yet to come! <https://www.facebook.com/share/12KxMFiQfVg/>

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26.03

Lyme Disease and Co-Infection – Myths, truths & treatments

Part III: Holistic and Conventional Protection and Prevention, From Tick Bites

This is a quicker article than Part I, treating the site of the bite and Part II taking oral remedies once bitten, but nonetheless incredibly important! There may be suggestions in here you haven't considered but can be crucial in your efforts to prevent tick bites.

Although I am presenting some wholistic prevention, the integration of the more 'toxic' methods are extremely important to add in at times, especially for those hiking or working in woodsy or more known infested areas, which for many around here, can be your own backyard.

Don't take chances anymore! Reports are showing an ever increasing percentage of up to 40% of ticks that are infected, based on ticks that are sent for testing. This includes the teeny tiny nymphs that can be smaller than a poppy seed.

Here is a comprehensive list of preventative methods:

Do not sleep with your animals: Be aware that if you have your pets sprayed or collared with tick preventives, those ticks will still find their way off your dog or cat and be happy to crawl onto you, especially in bed!!

Clothing: Consider designating clothing for your outdoor activities. Choose light-colored clothing for ticks to be easily seen.

Tick repellent spray for clothing and items: Using Permethrin Spray on your outdoor clothing or using pretreated clothing is incredibly effective: Choose your 'frequent outdoor clothing and shoes for gardening and hiking to be sprayed with permethrin. You spray them outdoors, let them dry thoroughly and the repellency lasts through 6 washings or 6 weeks. I even spray my tent for camping. In a July 9, 2018 article on NPR.org there is great information about permethrin, its effectiveness, safety and importance. '... even though the ticks don't die instantly, the permethrin quickly incapacitates them so they're unable to bite.

*Permethrin is a nontoxic to moderately toxic insecticide. Permethrin is not FDA approved.

Tick repellent spray: Spray made from the Australian lemon eucalyptus tree is shown to be equally effective in keeping ticks from biting your skin as Deet is. Lemon eucalyptus 30% It is safer all around to use, especially for children. The two companies who make the 30% lemon eucalyptus spray are Repel and Murphy's. The main difference between the LE and the DEET sprays is that you must reapply the LE spray every four hours to continue its tick repellency. It works for mosquitos as well.

Inside out Duct tape: In heavier risk areas, consider wrapping your ankles, tops of shoes and/or socks with inside-out duct tape, to catch any ticks crawling up.

Lint roller: Roll your clothing with a lint roller to catch ticks, either periodically if outdoor exposure is prolonged, or before going indoors.

As I mentioned in part I & II Maggie's Comprehensive Tick and Lyme Kit includes a plethora of holistic topical and oral remedies for tick bite treatment, lyme prevention and immediate treatment, along with some preventive tools such as the lemon eucalyptus spray and lint roller, tick removal tools, along with vial and envelope to send the tick. My treatment instructions that go with the kit are also available on my website for anyone to read. NianticAcupuncture.com

Feel free to email me anytime with any questions to Maggie@nianticacupuncture.com



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25.04

Lyme Land Trust Upcoming Events

The Lyme Land Trust has announced the following upcoming events. For more information and the most up to date schedule please visit <https://www.lymelandtrust.org>.

August 22, 2026 Astronomy Observing Session

August 22 @ 8:00 p.m. - 10:00 p.m.

Free

DATE COULD SHIFT BASED ON WEATHER– The Milky Way remains visible all night long with its wonderful star clusters and nebulae. Late in the session, Saturn makes its 2026 debut rising in the east around 10 p.m.

We have several different telescopes that are on display including a 14' Schmidt-Cassegrain housed in a permanent observatory. Inside the observatory, views are afforded at the eyepiece and via real-time digital enhancement. Public sessions are co-facilitated by one or more of our growing cadre of astronomy cohorts: Mark Borton, Roger Charbonneau Jr, Jon Dean, Jay Drew, Deb Fennell, Scott Mallory, John Natale, Lee Polikoff, Parag Sahasrabudhe, Mark Strollo, Jerry Tardif and Alan Sheiness.

Young or old, experienced or totally unfamiliar, we look forward to exposing you to our uniquely dark skies here in Lyme. And if you have a telescope, we encourage you to bring it out. The more, the merrier. Just follow the guidelines in the pdf you receive when you RSVP.

PLEASE NOTE:

Upon registration you will receive a link to directions and observing session guidelines. Bear in mind, observing sessions involve walking in the dark on uneven terrain. You should expect to encounter patches of grass, ruts, exposed stone, etc. as is common throughout Lyme's natural landscapes. Please wear appropriate footwear and have a red-light source handy. For those in need, a loaner red light will be provided at the parking and at the main observatory.

For questions or comments, please contact us at astronomy@lymelandtrust.org.

The Lyme Land Trust Astronomy Group aspires to inspire and pursue the advancement of knowledge of astronomy through public outreach programs including but not limited to observation events, education programs, and presentations about varied astronomical topics by our members and guest speakers.

If you like these programs and you are not currently a Lyme Land Trust Member, please consider joining us by visiting <https://lymelandtrust.givingfuel.com/membership>.

Hygienic Arts Summer Sip & Paint August

Step into a warm summer evening filled with creativity, music, and good vibes. Join us for a relaxing outdoor paint experience under the stars at Hygienic Art Park!

Hosted by Rosie Rosado of Coco Dream Studio

Sounds by @dj_jadacapri

Food by @__thephoenixx860

Guest bartender @jondoe_xo

Date: August 6

6 p.m. – 9 p.m.

Hygienic Art Park

79 Bank Street, New London, CT

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The Thomas Lee House 2026 Season

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1:00 p.m. - 4:00 p.m.

Plan on visiting this summer in celebration of our country's semiquincentennial. Built in the late 1600s and already 100 years old during the Revolution. The Lee family called this area home and lived here through the late 1800s when its history was almost lost. Already out of the hands of the family, in 1914 the ladies of the East Lyme Historical Society (founded 1897) saw its historical value and saved it from destruction. In 1915 after minimal renovations the Thomas Lee house was opened to the public. Their vision is preserved to this day, with minimal or necessary preservations done over the years.

Docents bring their own unique interpretations as they guide you back through time before we were the town of East Lyme and before the establishment of the USA.

The Society is an all volunteer organization including the Board Members and rely on the generosity of donations in order to maintain this piece of our town's history.

We look forward to your visit. Questions and inquiries please contact us at: info@eastlymehistoricalsociety.org

Care & Share Historians Debut New Web Site

(East Lyme) Care & Share of East Lyme historians debuted a new website at the quarterly general membership meeting on April 14. The project culminated three years of work by the historians' committee. Prior officers and volunteers of the organization began this first phase of the project by gathering to reminisce personal experiences and to collect, review and discuss memorabilia in the form of meeting minutes, newspaper articles, photographs, and e-mails documenting Care & Share activities from its 1989 founding to its 2012 opening of the current pantry at 12 Roxbury Road. The website formulation started in September of last year.

All four of the non-profit's founders participated in interviews and reviews of sections of the website presenting the founding years. Two of the four still live locally, Gail Lundin and Connie Rue. Two live outside of Connecticut, Debbie Mandel and Wendy Collins.

Their contributions were immensely critical, as much of the written documents of the early years were destroyed in a house fire in 2002.

The website names its contents "A History of Care & Share of East Lyme: Book One - 1989 to 2012." It opens with chapters featuring scores of period photos with terse explanatory captions aside a running thematic story of Care & Share told in brief snippets. The committee desired a website that unfolded with a quick, enticing, photogenic overview of the first two dozen years of all-volunteer service to the community. The site culminates with a topically-related Narrative of a dozen chapters, constituting a historically detailed presentation.

Access to the site is via a link from the principal Care & Share website: <https://careandshareofel.org> It is readily available at no cost to visitors and is open to the general public.

The committee began planning the next phase of the project immediately after the April meeting adjourned. New and additional members are being recruited and are welcome.

Interested members of the organization and community at large are encouraged to contact chairperson The Historians at Care & Share website above or by mail: 12 Roxbury Road, Niantic CT 06357.

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Waterford Farmers Market

The Waterford Farmers Market is a local food and family centered event held on Saturday mornings from 9:00 a.m.-12:00 p.m. in the parking lot of the Waterford town hall, 15 Rope Ferry Rd. Waterford. There is plenty of parking and a wide selection of vendors, including locally grown vegetables, fruits, meats, breads, cheese, milk, prepared foods, and desserts. Weekly vendors include:

- Hunts Brook Farm, vegetables
- Smith's Acres, vegetables, fruits, and plants
- Secchiaroli Farm, pork
- Brush Hill Farm, vegetables, milk, beef
- Lazizah, prepared mediterranean foods
- Breads & Cookies, desserts
- Flatland Alpacas, alpaca fiber, wool dryer balls, ceramic buttons
- Beltane Farm, Goat cheese and raw goat milk.

They also feature local artisans and musicians each week. The market runs from mid-June thru mid-October.

AOH to Observe Anniversary of John P. Holland's Death

The John P. Holland Division of the Ancient Order of Hibernians (AOH) in New London will be observing the Anniversary of the August 12, 1914 death of John P. Holland, Irish Born "Father of the Modern Submarine". The US Navy purchased its first submarine, a John P. Holland designed boat, in 1900. This began the US Navy Submarine Service.

A video of Holland's life and achievements will be shown in the New London Library on Monday, August 10, at 5:30 p.m. This video, a story of a mix of technology, disappointments and persistence, will be augmented by an official U.S. Navy video on John Holland and his influence on past, current and future Navy undersea activities. The public is invited to this hour long program and attendance is free. The Hibernians invite you to join them in paying some well earned tribute to this immigrant Teacher who overcame the late 19th Century anti immigration sentiment in America and the wave of "No Irish Need Apply" posters that peppered the country at that time. In a sense, Holland's historic achievement is a model for inspiration.

TVCCA Awarded Homelessness Prevention Grant

NEW LONDON—The Frank Loomis Palmer Fund has awarded Thames Valley Council for Community Action \$35,000 for its Homelessness Prevention and Diversion program. The grant will provide monetary assistance to up to 60 New London residents in danger of eviction, positioning them to move forward in their quest for greater autonomy and economic security.

"Preventing homelessness has been central to TVCCA's Housing Services for 35 years," notes Director of Housing Ida Parker. "Each year our prevention and diversion program supports over 60 low-income households; half of these families live in New London." The Palmer Fund's grant will assist with rent and utility payments, security deposits, and related housing expenses. All funds are distributed by TVCCA to verified landlords and service providers on behalf of clients.

"By providing clients in housing crises with assistance, we're helping avert the trauma of eviction and the long-term financial repercussions evictions can have on low-income households," said Ms. Parker. "The Palmer Fund's partnership is crucial to TVCCA's effort to stop homelessness before it starts."

For more information on TVCCA's Housing and Homelessness Prevention programs, visit tvcca.org/housing.

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“Cabinet of Curiosities” Open House

Saturday, August 8, 2026, 11 a.m.-2 p.m.

Visit the North Stonington Historical Society's Open House exhibit on historic curiosity cabinets, featuring a display of unusual and intriguing objects featured in past North Stonington Historical Society newsletters. Visitors will have the opportunity to see several pieces of taxidermy along with displays of butterflies, nests and seed pods.

The exhibit will also feature a selection of “curiosities” as well as antique tools from members' personal collections, including a few objects that remain unidentified. Visitors are invited to help solve these mysteries by sharing their own ideas, as well as bringing in items from home to be identified for a community “show and tell.”

The North Stonington Historical Society is located at #1 Wyasup Road, P.O. Box 134, North Stonington.

Waterford Summer Concert Series

The 2026 Summer Concert Series is held on Wednesdays starting at 6:00 p.m. at Waterford Beach Park, 305 Great Neck Rd.

Lineup includes:

August 5 — SUGAR

August 12 — The Rakes

Attendees are encouraged to bring lawn chairs, blankets, and family and friends to enjoy the concerts. Many evenings will also feature local food vendors and community organizations.

The Summer Concert Series continues to provide free, high-quality entertainment while fostering community connections and supporting local engagement throughout the season. Additional event details and weather-related updates will be shared by Waterford Recreation and Parks throughout the summer.

Lyman Allyn Exhibition Features Works By Artist Howard McCaleb

New London – The Lyman Allyn Art Museum is pleased to announce the opening of Howard McCaleb: The Golden Mean, on view from June 27 through October 6. The exhibition features a selection of sculptures, drawings, paintings, and collages by Norwich-based artist Howard McCaleb, highlighting the enduring influence of the Golden Ratio throughout his work.

Over the course of a prolific career spanning several decades, McCaleb has drawn inspiration from the myriad forms and patterns generated by the Golden Ratio, a mathematical proportion long associated with natural growth, harmony, and visual balance. For McCaleb, this universal structure, combined with a palette of near-primary colors, provides a framework that transcends cultural boundaries and serves as a foundation of his artistic practice.

McCaleb's large-scale sculptures and other works have been exhibited throughout the United States and internationally, including in Germany, Norway, Denmark, Bulgaria, China, and the United Arab Emirates. His work is represented in museum collections and private holdings around the world.

For the past several years, McCaleb has lived and worked in Norwich, Connecticut, where he operates Dada Post USA, a studio and gallery space. Prior to returning to the United States, he spent more than a decade in Berlin, Germany, where he founded and directed Dada Post, an artist residency and exhibition space (Kunstraum).

Originally from San Jose, California, McCaleb earned an MFA in Sculpture from Cornell University and a BA in sculpture from California State University at Hayward. Throughout his career, he has taught fine art at colleges and universities including San Jose State University, California; the University of Massachusetts, Amherst; the University of North Carolina, Greensboro; Rutgers University, Newark; Hunter College, New York; Cornell University; Graduate School of Pratt Institute; Parsons School of Design / The New School, and Amherst College.

The opening reception was held on Friday, June 26.

This exhibition has been made possible with support from an anonymous foundation, and by the Connecticut State Legislature, administered by the DECD, Office of the Arts.

About Lyman Allyn Art Museum

Lyman Allyn Art Museum welcomes visitors from New London, southeastern Connecticut and all over the world. Established in 1926 with a gift from Harriet Allyn in memory of her seafaring father, the Museum opened the doors of its beautiful neoclassical building surrounded by 12 acres of green space in 1932. Today it presents several changing exhibitions each year and houses a fascinating collection of over 20,000 objects from ancient times to the present, including art from Africa, Asia, the Americas and Europe, with particularly strong collections of American paintings, decorative arts and Victorian toys and doll houses.

The museum is located at 625 Williams Street, New London, Connecticut, exit 83 off I-95. It is open Tuesday through Saturday, 10 a.m. - 5 p.m. and Sundays 1 - 5 p.m., and closed on Mondays and major holidays. For more information call 860-443-2545, ext. 2129 or visit www.lymanallyn.org.

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Groton Public Library Celebrates America's 250th: August/September

In 2026, the United States marks a historic milestone—the 250th anniversary of the signing of the Declaration of Independence. This moment invites us to reflect on the bold ideals set forth in 1776: life, liberty, and the pursuit of happiness.

As part of a nationwide commemoration, the Town of Groton, City of Groton, and Mystic will celebrate this semiquincentennial with a series of engaging events and educational programs throughout the year. For a complete listing of Groton's America 250 events, tours, and exhibits, visit groton-ct.gov/america250.

How Groton Marked the Bicentennial 1976 Exhibit

Visit the Library to see how Groton celebrated three major events to mark America's 200th birthday. Photos and memorabilia will be on display through August 31.

Portraits of Patriots: Colonel John Trumbull and Five Fellow Patriots from Connecticut in the American Revolution

Thursday, August 6, at 6 p.m.

Join GPL in welcoming Damien Cregeau as he introduces his recently published book, "Portraits of Patriots: Colonel John Trumbull and Five Fellow Patriots from Connecticut in the American Revolution." Copies will be available for purchase. This program was made possible by the generous support of the Mystic Woman's Club.

Revolutionary Reels

- Friday, August 7, at 10 a.m.
- Friday, September 4, at 10 a.m.
- Friday, October 2, at 10 a.m.

A film series that celebrates America's 250th anniversary! These showings will feature a mix of classic favorites and modern films that capture the spirit of our nation's history, heroes, and ideals. Enjoy free popcorn and lemonade (while supplies last) and experience the stories that shaped America—one reel at a time. Call the Library at (860) 441-6750 or visit the online calendar at grotonpl.org for this month's film title.

American Revolution Experience Traveling Exhibit

August 10-17

From an award-winning website to an in-demand pop-up exhibition, the American Revolution Experience, a collaborative project of the American Battlefield Trust and the Daughters of the American Revolution is beginning a new phase in its quest to connect modern audiences with the fascinating story of our nation's origin. The "American Revolution Experience" will travel to scores of libraries, historical societies and museums through 2027, introducing visitors to a cast of historical characters with diverse experiences throughout the conflict and the places they visited on their journey.

This innovative pop-up exhibition includes display panels and interactive digital kiosks that use storytelling, illustration, technology and unique artifacts and primary accounts to connect modern audiences with the people and places that shaped the birth of our nation.

The exhibit will be free and open to the public during regular library hours. For more information, contact the Groton Public Library at (860) 441-6750. Sponsored by the Abigail Hinman Chapter NSDAR, Inc. of Stonington, CT.

By the People: Nekita Waller Concert

Saturday, August 22, at 1 p.m.

Back by popular demand, "By the People" brings Nekita Waller back to the Groton Public Library. For Nekita, music is the purest form of communication and as Connecticut's 17th Troubadour, her passion rings true. Ms. Waller's "Connecticut Anthem" celebrates



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our state's unique history and highlights its people and places. Join Nekita and her Band for a joyful musical experience and help create "I Grew Up in Groton," your town's very own anthem. This event is co-sponsored by Connecticut Humanities.

"By the People: Conversations Beyond 250" is a Connecticut Humanities initiative (in partnership with the Federation of State Humanities Councils) focusing on exploring Connecticut's history through poetry, dialogue, and civic engagement leading up to the nation's 250th anniversary. The program encourages residents to reflect on civic values and shared history.

History Comes Alive! An Evening with General Israel Putnam

Thursday, September 3, at 6 p.m.

General Israel Putnam, as portrayed by UCONN Professor Emeritus Kenneth Noll, will visit the Groton Public Library on September 3. A beloved and honorable farmer and American patriot, Gen. Putnam vividly comes to life through storytelling. He recounts his days on the farm, his time as a tavern keeper, his service in the French and Indian War, and his role as second-in-command to General George Washington during the Revolutionary War. Don't miss this educational and entertaining performance! This program was made possible by the generous support of the Mystic Woman's Club.

Nathan Hale: The Life and Death of America's First Spy

Tuesday, September 22, at 6 p.m.

Join us in marking the 250th anniversary of the death of Connecticut native and American patriot Nathan Hale (September 22, 1776), as author M. William Phelps presents his book, "Nathan Hale: The Life and Death of America's First Spy." In this well-researched biography, he details the story of Nathan Hale, a Yale-educated teacher turned Continental Army captain who became America's first spy, volunteering for a dangerous intelligence mission during the Revolutionary War and being captured and hanged by the British in New York City in 1776, cementing his legacy as a patriotic martyr despite his brief career. This program was made possible by the generous support of the Mystic Woman's Club.

About the Groton Public Library

The Groton Public Library is located at 52 Newtown Road, Groton, CT 06340. For more information about library programs or services, please call (860) 441-6750 or visit grotonpl.org. All programs hosted by the Groton Public Library are inclusive and open to people of all ability levels. Please contact the Library for information about available accommodations.

Please send news and events to: communitynews@postroadreview.com

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The Hidden Danger of Investing Too Cautiously

One of the most significant risks investors face isn't losing money in a market dip; it's failing to reach their long-term financial goals.

Many people focus heavily on short-term losses in the stock market and try to protect their savings by investing conservatively or avoiding stocks altogether. But that runs the risk that their savings won't grow enough to keep up with inflation or support future needs.

Understanding what investment risk really means helps you make smarter financial decisions, considering these three key aspects.

- Risk tolerance describes your emotional comfort with risk. If you'd want to pull your money out of the market during a downturn, that reveals something about your tolerance. Many financial advisors use questionnaires to help clients understand how they might react in different market conditions.

- Risk capacity refers to how much risk you can afford to take. Your timeline matters. A 35-year-old saving for retirement has decades to ride out market swings. A retiree drawing income from their portfolio doesn't have that same cushion.

- Required risk describes how much risk you may need to take to reach your financial goals. Higher returns generally come with higher risk, though higher risk does not guarantee higher returns. If you need strong growth to retire comfortably, you may need to accept more short-term volatility.

Sometimes these elements don't line up. You might be uncomfortable with risk but need strong growth to meet your goals.

Balance and diversification matter: Finding the right balance matters more than you might think. A small difference in your annual rate of return, from 5% to 7% for instance, doesn't just add up a little. It multiplies. That's the power of compounding — returns earning their own returns, year after year, building on an ever-growing base. Over 30 or 35 years, that can become significant.

You needn't choose between playing it so safe your money barely keeps up with inflation and taking on more risk than you're comfortable with. Instead, a balanced mix can fit your comfort level and still help grow your money over time.

The age factor: You'll want to adjust your approach to risk as you get older. If retirement is years away, your portfolio may lean toward growth investments like stocks and stock mutual funds; you have time to absorb short-term losses and benefit from long-term gains. Lower risk investments like bonds still play a role because they can help smooth out changes in your portfolio's value.

As you near retirement, your portfolio may shift toward a more even mix of stocks and bonds to limit exposure to large market swings. The goal is to protect what you've built while still generating enough growth to fund a retirement that could last decades.

Investing well isn't about eliminating risk; it's about taking the right amount of it. Too little risk can be just as damaging as too much. A financial advisor can help you find the balance that matches your comfort level, your financial situation and your long-term goals.

Investors should understand the risks involved with owning investments, including interest rate risk, credit risk and market risk. The value of investments fluctuates and investors can lose some or all of their principal.

This article was written by Edward Jones for use by Jesse Perrault, CFP®, CEPA®, Financial Advisor at 51 Pennsylvania Ave, Niantic CT. Edward Jones, Member SIPC

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Should your portfolio shift when the market does?



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Financial Advisor
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Niantic Bay Triathlon

Sunday, August 9, 2026

An exciting, sprint distance race through scenic shoreline communities of Niantic and East Lyme, the Niantic Bay Triathlon is a great race for beginner or experienced triathletes. Swim a 1/2 mile in the calm of Niantic Bay without waves or strong currents. Bike an 11.4 mile loop through the charming community of East Lyme with picturesque views and long straightaways along rolling, shaded roads. Run 3.2 miles along the oceanfront lined with cheering spectators before a spectacular beach finish.

Team Relay registration for 2 or 3 members is an option to enjoy the tri experience with the help of some friends. Additionally, an Aquabike registration is also available for those that do not want to or cannot participate in the run.

NEW in 2026! Join the free HMF Milestone membership program to get exclusive perks, including custom birthday gift, access to member-only wait lists for sold out events and personalized bibs at select events. Optional HMF Milestone+ enhanced fee-based membership offers all free perks plus choice of specialty member apparel, extra loyalty rewards and one free Mail My Packet service (available at premier events).

Run For Good

The charity beneficiary of this event is HMF's Susie Beris, MD Youth Running Program. Consider donating during registration or directly. Building Lifelong Runners Across New England

The Susie Beris, MD Youth Running Program represents Hartford Marathon Foundation's expanded commitment to helping young people discover the joy and confidence that comes from running.

Launched in 2022 and supported through the generosity of Dr. Susan Beris, this comprehensive initiative builds upon the long-standing success of HMF FitKids while introducing new programs, training support, and engagement opportunities throughout Connecticut, Rhode Island, and Massachusetts.

Our Mission

To inspire healthy habits, fuel self-confidence, and spark a lifelong love of running for children of all backgrounds and abilities.

For more information and to register visit <https://www.hartford-marathon.com/niantic-bay-triathlon>.



The Cartells at Hygienic Art

Join us Thursday, August 7th from 8–10 p.m. at Hygienic Art, 79 Bank Street, New London, for an evening of live music under the stars.

Dance the night away with Connecticut favorites The Cartells as they bring their signature high-energy sound to the Art Park! From Motown and R&B to rock & roll, swing, and classic party hits, The Cartells know exactly how to keep the crowd moving and the good times rolling. Known as one of Connecticut's most popular live bands, they deliver an unforgettable show packed with great music, nonstop dancing, and summer-night energy you won't want to miss.

Tickets: \$10 Online Presale, \$15 At The Gate

Visit <https://www.hygienic.org> for more information and tickets.

Monthly Trivia Night at the HCH Library

Join the Henry Carter Hull Library, 10 Killingworth Turnpike, Clinton, on the third Tuesday of every month at 6:30 p.m. for trivia night! Come show off your knowledge on everything from movies to history to nature. This event is for adults (18+).

Registration Required <https://events.hchlibrary.org/event/cr-trivia-36699>.

For more information email sudie@hchlibrary.org.

Stonington Farmers' Market

From Memorial Weekend to mid-October, the market is outside every Saturday in the back parking lot of the Velvet Mill, 22 Bayview Avenue in Stonington. In Mid-October, the market moves inside the Velvet Mill in the back room closest to Meadow Avenue.

Vendors at the Farmers' Market

Individual vendors who may participate in our market include:

Apis Verdi
Broad Brook Acres
Davis Farm
Issa Catering
Jon Fish
Seacoast Mushrooms
Sugar Maple Farms
Sweet Acre Farm
Wakin' Up Waggin'
18th Century Purity Farm
Stonyledge Farm And Studio Farm Products
Summer Hill Catering
Cato Corner Farm
Treatzles
Fiber + Mud
Yalla

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New London Adult & Continuing Education FALL 2026 ENRICHMENT PROGRAM

Careers

Certified Nursing Assistant Training EVENING.....	9/9/26....	\$1,299.00
Clinical Medical Assistant Program	9/14/26..	\$5,999.00
Connecticut Security Guard Card Training	10/24/26.....	\$155.00
	11/14/26.....	\$155.00
	12/12/26.....	\$155.00
EKG Technician Certification	11/9/26..	\$1,599.00
Emergency Medical Technician Initial Basic Training	9/3/26....	\$1,300.00
Introduction to Voice Over Training	10/6/26.....	\$24.00
	12/1/26.....	\$24.00
Phlebotomy	10/5/26..	\$1,599.00
Professional Bartending with SMART Certification	9/16/26.....	\$255.00
Real Estate Principles & Practices	9/14/26.....	\$600.00
ServSafe Food Protection Managers Course	9/15/26.....	\$200.00
	9/26/26.....	\$200.00
SMART Certification for Alcohol Servers	9/16/26.....	\$60.00

Art, Crafts & Hobbies

In The Creative Spirit:		
A Creativity Workshop.....	10/17/26.....	\$64.00
Pastel Techniques Workshop	12/5/26.....	\$64.00
Beginner and Refresher Knitting	9/15/26.....	\$84.00
Beginner Crochet.....	9/11/26.....	\$109.00
	9/10/26.....	\$109.00
Chrysanthemum Workshop	9/19/26.....	\$59.00
Creative Cutting:		
Cricut Art & Design	10/14/26.....	\$59.00
Creative Cutting:		
Cricut Art & Design Part 2.....	11/4/26.....	\$59.00
Creative Printmaking: Monotypes..	11/7/26.....	\$64.00
Express & De-Stress:		
Healing Through Art	11/12/26.....	\$59.00
Fall Foliage & Faux Pumpkins.....	10/15/26.....	\$55.00
Felting.....	10/10/26.....	\$69.00
	9/12/26.....	\$69.00
Felting Basics	11/14/26.....	\$49.00
	11/7/26.....	\$49.00
Gel Printing	9/17/26.....	\$99.00
Homemade for the Holidays:		
Creative Gifts & Keepsakes.....	11/30/26.....	\$59.00
Italic Calligraphy Basics	10/24/26.....	\$54.00
	9/19/26.....	\$54.00
Lasting Impressions	10/20/26.....	\$70.00
Learn Acrylic Pouring Techniques	9/19/26.....	\$64.00
Painting Cherry Blossom Workshop	9/19/26.....	\$59.00
The Joy of Movies.....	9/30/26.....	\$30.00
Watercolor for Relaxation	9/15/26.....	\$94.00
	9/17/26.....	\$94.00
	9/18/26.....	\$94.00
Zentangle Fall Bounty	10/10/26.....	\$34.00
Zentangle Gemstone.....	11/23/26.....	\$34.00
Zentangle Holiday Hug	12/10/26.....	\$34.00

Finance

Avoiding Common Investing Errors: Understanding Behavioral & Practical Pitfalls	10/14/26.....	\$19.00
	9/23/26.....	\$19.00
Estate Planning.....	10/15/26.....	\$19.00
	10/13/26.....	\$19.00
Retirement and Tax Planning	10/1/26.....	\$19.00
	9/29/26.....	\$19.00
Social Security Planning	10/6/26.....	\$24.00
	11/11/26.....	\$24.00
	9/14/26.....	\$24.00
The 3 Most Dangerous Trends Affecting Today's Retirees.....	10/7/26.....	\$19.00
	9/16/26.....	\$19.00

Photography

Advanced Smartphone Photography	10/22/26.....	\$79.00
Basics for Learning to Use Your DSLR Camera.....	9/15/26.....	\$149.00
Digital Photo 2 Intermediate	10/29/26.....	\$89.00
Digital Photography for Newbies.....	9/17/26.....	\$89.00
How to Photograph Snowflakes	12/3/26.....	\$59.00
Photo Composition	10/10/26.....	\$89.00
Portrait & Pet Photography	12/10/26.....	\$59.00
Smartphone Photography	9/17/26.....	\$79.00

Language

Advanced American Sign Language	9/15/26.....	\$159.00
Beginning American Sign Language.....	9/14/26.....	\$159.00
	9/17/26.....	\$159.00
Developing French Conversation.....	9/12/26.....	\$149.00
French 2	9/12/26.....	\$149.00
French for the Beginner	9/12/26.....	\$149.00
Spanish 2	9/17/26.....	\$94.00
	9/17/26.....	\$94.00
Spanish for the Beginner	9/15/26.....	\$124.00
	9/15/26.....	\$124.00

Technology

Beginner's Computers	9/17/26.....	\$94.00
MS EXCEL 101	12/3/26.....	\$79.00
MS WORD 101	10/22/26.....	\$79.00

Music

Ukulele for Beginners.....	9/23/26.....	\$79.00
Beginner Ukulele - ONLINE	10/27/26.....	\$79.00
	9/29/26.....	\$79.00
Guitar for Beginners	9/22/26.....	\$119.00
Instant Guitar for Hopelessly Busy People.....	11/10/26.....	\$69.00
Instant Piano for Hopelessly Busy People.....	9/7/26.....	\$69.00
Instant Ukulele for Hopelessly Busy People.....	11/12/26.....	\$64.00
Learn to Play Conga	9/15/26.....	\$114.00

Fitness & Health

(SAFE) Basic Self-Defense for Women	11/21/26.....	\$54.00
Adult Beginner Ballet	9/16/26.....	\$84.00
CPR with Automated External Defibrillator (AED) & Standard First Aid.....	11/3/26.....	\$89.00
G's Strength Training	9/1/26.....	\$135.00
	10/1/26.....	\$135.00
	10/1/26.....	\$135.00
	10/1/26.....	\$135.00
	10/1/26.....	\$135.00
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	9/1/26.....	\$135.00
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	9/1/26.....	\$135.00
Meditation for Everyone	9/21/26.....	\$49.00
Morning Chair Yoga for all ages with music	9/16/26.....	\$79.00
Personal Safety & Self Defense for Seniors	11/3/26.....	\$49.00
Pet First Aid & Disaster Response	10/6/26.....	\$89.00
Reiki Level One	9/16/26.....	\$125.00
Small Group Training	10/1/26.....	\$135.00
	9/1/26.....	\$135.00
Stop the Bleed.....	10/27/26.....	\$19.00
Tae Kwon Do	9/15/26.....	\$104.00
Tai Chi Level 1 (10 Form)	9/14/26.....	\$119.00
Tai Chi Qigong Baduanjin (8)	9/14/26.....	\$119.00

Personal Growth

Family Law 101	9/22/26.....	\$59.00
Real Estate Law 101	9/29/26.....	\$59.00
Whispers from Heaven.....	9/16/26.....	\$44.00
	10/2/26.....	\$44.00
	11/20/26.....	\$44.00

Outdoor Sports

Golf for Ladies Only	9/3/26.....	\$230.00
	9/1/26.....	\$230.00
Learning the Fundamentals of Golf	9/2/26.....	\$230.00
	9/2/26.....	\$230.00
Youth Golf Lessons	9/12/26.....	\$230.00

Culinary

Cooking for Health.....	9/22/26.....	\$125.00
Pasta & More!!.....	9/22/26.....	\$114.00
	10/22/26.....	\$114.00

Flowers

Saying Hello to Autumn.....	9/8/26.....	\$70.00
Hello Gorgeous!	10/6/26.....	\$70.00
Orchids Don't Like Ice Cubes.....	11/3/26.....	\$70.00
Giving Thanks	11/17/26.....	\$70.00
Christmas Coziness	12/15/26.....	\$70.00
Christmas Coziness	12/15/26.....	\$70.00

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This Summer Experience Exhibitions of Excellence & Distinction at the Lyme Art Association



Sarah Stifler Lucas, Colors of Nice, oil

Old Lyme, CT: Experience exhibitions of excellence and distinction this summer at the Lyme Art Association (LAA). From July 24 – September 11, LAA presents three impressive shows in its galleries, its own 105th Elected Artists and Expanding Visions exhibitions, and a guest show, Selected Members Exhibition, from the New Haven Paint & Clay Club.

LAA's Elected Artists are members, who, after successfully exhibiting in shows for at least 5 years, are elected by their fellow members to join the ranks of Elected Artists. LAA's annual Elected Artists Show celebrates these cream of the crop artists with an exhibition that showcases their best work for gallery visitors to enjoy. Though known for its representational art, in Expanding Visions, LAA celebrates the various styles that its member artists work in by including everything from hyperrealism to nonrepresentational abstract art, and highlights the unique and innovative perspectives in their work.

Running concurrently is a guest show from the New Haven Paint and Clay Club (NHP&CC), the Selected Members Exhibition. This year's show was juried by Nathan Lewis, who chose five New Haven Paint & Clay Club artists that exhibited exceptional works in the NHP&CC 2025 Members Exhibit. This year's selected artists are Ed Lisi, Christopher McLaughlin, David Ottenstein, Greg Shea and Janet Warner.

All shows are on view in LAA's galleries from July 24 – September 11 with the opening reception occurring on Saturday, August 1 from 5 – 7 p.m.

Founded in 1914 by the American Impressionists, the Lyme Art Association continues the tradition of exhibiting and selling representational artwork, as well as offering art instruction, lectures, and other community programs. It is located at 90 Lyme Street in Old Lyme, CT, in an iconic 1921 building designed by renowned architect Charles Adams Platt and is listed on the National Register of Historic Places. Admission is free. Hours: Tuesday-Sunday, 10 a.m.-5 p.m. For more information, call (860) 434-7802 or visit www.lymeartassociation.org.



Karen Israel, A Change in the Weather, pastel



Gina Dunlap, The Alchemist, inks, graphite, pan pastels

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Get Posted... Roxy Zahnstecher of Niantic poses with her *Post Road Review* after a concert at McCook's Bandshell and an awesome swim at McCook's Beach.

WANTED



The Post Road Review
is now accepting
applications for store drops.

If you are interested in having *The Post Road Review* dropped at your business every month for our readers to pick up, please email us at:
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25.07



Get Posted... Niantic resident Sandy Austin took her *Post Road Review* with her when she toured the posh World Equestrian Center in Ocala, Florida. She was visiting her friend Edith Bucchi, formerly of Old Lyme.

Check out our new website! www.postroadreview.com

Lymes' Senior Center Upcoming Events

The Lymes' Senior Center, located at 26 Town Woods Road, Old Lyme, has announced the following schedule. To register, become a member or for more information call the Lymes' Senior Center Staff at (860)434-1605 ext. 240 or ext. 241.

Slow Yoga with Lynn: Saturdays (August 1, 8, 15, 22, 29, 2026) at 9 a.m. This is breath-centered, healing yoga practice grounded in tradition & science. Allowing time for mindful transitions, this measured movement is a guiding path towards well-being, ease, and the ebbing of pain. Whether you are just getting back to yoga or a practiced student, this class is for you. This comprehensive session brings together breathing techniques (pranayama), postures (asana), mudra, yoga philosophy, meditation techniques, and deep relaxation; tools to support managing stress, pain, and anxiety, while supporting overall well-being. Please bring a yoga mat to class. Visit <https://www.lynnmccarthyyoga.com/> to see the rates.

Why Weight (s)? Exercise Class with Jessie: Mondays (August 3, 10, 17, 24, 31, 2026) at 8:30 a.m. This class is designed for people over 50 who want to focus on increasing strength, flexibility, and balance. This class meets every Monday. The cost is \$5.00 for members, \$8.00 for non-members, 55 years of age or better.

Chair Tai Chi: Mondays (August 3, 10, 17, 24, 31, 2026) at 10:30 a.m. Join us for a new class with Ted Lafemina! Ted is bringing a seated Tai Chi class to us here at the Lymes' Senior Center. Free for members, \$10 for non-members, 55 years of age or better.

Tai Chi: Tuesdays (August 4, 11, 18, 25, 2026) at 8:30 a.m. Instructor Alex will be leading this class, and he is bringing plenty of experience and expertise to the Lymes' Senior Center! Research shows that practicing tai chi can improve balance, stability, and flexibility in older people, including those with Parkinson's disease. Practiced regularly, it can also help reduce pain, especially from knee osteoarthritis, back problems, and fibromyalgia. We are offering this program in monthly sessions. The cost for a 4-week session is \$32, for members 55 years of age or better. To register for a session, or to become a member, please call Caitlin at (860)434-1605 ext. 241.

Sit and Be Fit: Tuesdays (August 4, 11, 18, 25, 2026) at 10:30 a.m. Join us for a fun filled work out and relaxation session all while seated in a chair! This class meets every Tuesday. The cost is FREE for members, \$5.00 for non-members, 55 years of age or better.

Gardening Series: Propagation & Plant Swap: Tuesday, August 4th, 2026 at 1 p.m. Join us for this program to learn about plant propagation techniques, showing how to start new plants from cuttings, divisions, and seeds—followed by a plant swap, where attendees can share healthy starts and discoveries with one another! The cost is free for members, \$10 for non-members, 55 years of age or better.

Why Weight (s)? Exercise Class with Jessie: Wednesdays (August 5, 12, 19, 26, 2026) at 8:30 a.m. This class is designed for people over 50 who want to focus on increasing strength, flexibility, and balance. This class meets every Wednesday. The cost is \$5.00 for members, \$8.00 for non-members, 55 years of age or better.

Slow Yoga with Lynn: Wednesdays (August 5, 12, 19, 26, 2026) at 5 p.m. This is breath-centered, healing yoga practice grounded in tradition & science. Allowing time for mindful transitions, this measured movement is a guiding path towards well-being, ease, and the ebbing of pain. Whether you are just getting back to yoga or a practiced student, this class is for you. This comprehensive session brings together breathing techniques (pranayama), postures (asana), mudra, yoga philosophy, meditation techniques and deep relaxation; tools to support managing stress, pain, and anxiety, while supporting overall well-being. Please bring a yoga mat to class. Visit <https://www.lynnmccarthyyoga.com/> to see the rates.

Tai Chi with Ted: Thursdays (August 6, 13, 20, 27, 2026) at 4 p.m. This class involves a series of slow gentle movements and physical postures, a meditative state of mind, and controlled breathing. Benefits can include: improved flexibility, balance, and strength, improved posture, increased vitality and focus, reduce the risk of falls and injury, pain management, improved immune function, and enhanced energy levels and stamina. The cost is \$5 for members, \$10 for non-members, 55 years of age or better!

Dragon Fan Class with Ted: Thursdays (August 6, 13, 20, 27, 2026) at 5:30 p.m. Dragon Fan is a graceful and powerful form. It combines coiling, footwork, body turns, and expressive fan techniques that mimic the movements of the Dragon. It uses basic fan techniques such as open, close, strum, thrust and shoot. Its movement changes from slow to quick and explosive, soft to hard. Dragon fan will improve your strength, enhance flexibility, balance and coordination. It also will improve breath control and mental focus. Promotes relaxation and a sense of inner calm. Take the first step and begin the journey! The cost is \$5 for members, 55 years of age or better.

Rock What You Got Low Impact Class: Fridays (August 7, 14, 21, 28, 2026) at 9 a.m. Mellisa Chupka has been an aerobics instructor for 30 years. Class will consist of low impact movements to get your heart rate up, core work, and strength training for all your muscles. All movements will be choreographed to fun music and will be done from a standing position. Bring a water bottle and your positive energy! The cost is \$5 for members, \$10 for non-members, 55 years of age or better.

Painting/Art Workshop: Fridays (August 7, 14, 21, 28, 2026) at 10 a.m. Participants bring their own projects and enjoy working in the company of other artists. Meets every Friday. This group is FREE for members, 55 years of age or better.

4S Exercise Class (Sit, Stretch, Strength, and Song) with Melissa: Fridays (August 7, 14, 21, 28, 2026) at 10:15 a.m. This seated class meets every Friday. Increase your flexibility and strength in all your major muscle groups. Music will make this class lots of fun. The cost is \$5.00 for members, \$8.00 for non-members, 55 years of age or better.

Country Line Dancing Class: Fridays (August 7, 14, 21, 28, 2026) at 2:15 p.m. Learn basic and more advanced line dances. Get a great work out and have fun. This class meets every Friday. The cost is FREE for members, \$5.00 for non-members, 55 years of age or better.

Bone Health for Osteoporosis: Tuesday, August 11th at 10 a.m. for. Join town nurse Sammee, as she gives us a very helpful presentation! The cost is free for members, 55 years of age or better.

Curiosity Club: "Pennies, Priorities, and Perspectives": Tuesday, August 12th, 2026 at 1 p.m. Join Jude Carter as she leads us through lively discussions with short videos! The cost is free for members, \$10 for non-members, 55 years of age or better.

Navigating Today's Real-estate Market as a Senior: Wednesday, August 12th, 2026 at 1 p.m. This presentation will cover: Current state of our local market & what to expect, Senior-centric housing concerns: where to go and when? Best practices for securing real estate representation (this is surprisingly nuanced, but doing it right can save money, time and heartache) Understanding & Negotiating (!) the Buyer Rep Agreement. How does agent compensation work since the NAR settlement? What are Dual Agency & Designated Agency? Who do these benefit? The cost is free for members, \$10 for non-members, 55 years of age or better.

"Knit-Wits" Knitting Group: Wednesday, August 12th and 26th, 2026 at 10 a.m. Meets twice a month on the second and fourth Wednesday. This is a mixed ability group, giving a chance to knit together, learn from each other, share ideas, or just enjoy a collaborative environment! The cost is free for members, 55 years of age or better.

ACROSS

- 1 Earthenware fragment
 6 "Saturday Night Live" sketch
 10 Flat-bottomed boat
 14 Armed ____
 16 Subject in Manilow's "Copacabana"
 17 Not within hearing distance
 18 A pew word
 19 Bruins GOAT Bobby ____
 20 Painter ____ Borch
 21 Heavy metal era?
 23 Whopper teller
 25 Lobe ornament
 27 Small house: Brit.
 29 Parisian dance
 30 Jay or em follower
 33 Attacked
 35 Small land bodies
 37 Sound omission
 38 International understanding
 39 "I ____ be alone": Garbo
 40 Purplish-red
 41 Nest ovoid
 42 Ferber and Purviance
 44 Joe-____ weed
 45 Diffusions
 47 Late comic Johnson
 50 Egyptian ruler, for short
 53 Bleat
 55 Wally or Ronny
 56 Type of rock
 57 Head over heels motion
 60 ____ majesty
 61 So-so athlete
 62 ____ go brag
 63 Coin discontinued in 2025
 64 Feast, in Florence

DOWN

- 1 Backless seat
 2 Muslim beauty
 3 Drawing in
 4 17th Greek letter
 5 Neatly skillful
 6 Sculpin used for lobster bait
 7 Barbie's beau
 8 Clara Bow
 9 Land of ____ Sun
 10 Street talk
 11 Unconscious state
 12 Stylist Cassini
 13 Fade out
 15 Acorn growth
 22 Basic dance
 24 Perch
 26 Cool!
 28 Most overused
 30 Meat buyer's choices
 31 Jazz and blues singer James
 32 Resident of: suffix
 33 Steel mill waste
 34 Lush orchestral offerings
 36 Singer Lotte
 37 Farm bleater
 38 Right-of-way is one
 40 "No ____": Roberto Durán
 43 ____ red cent!
 45 City near the Great Salt Lake
 46 Chalcedony
 48 Vacancy sign
 49 Bonus
 50 Mustard plant
 51 He makes cakes nicer
 52 Not yet final: law
 54 ____ today: from now on
 58 ____ in the moon
 59 Hartmann von ____: German poet

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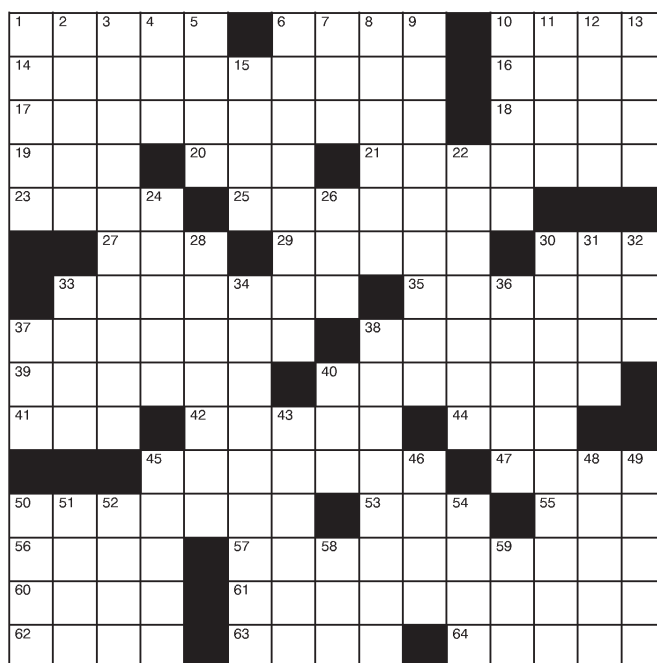
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CREATORS NEWS SERVICE

By Neil Manausa

Answers on pg 39

Waste & Recycling: Monday, August 17th at 10 a.m. Join us for this educational presentation for the Old Lyme Town Hall. Free for residents.

Veterans Coffeehouse: Wednesday, August 19th at 9:45 a.m. Join us for coffee, donuts, conversation and camaraderie! The cost is free for Veterans.

Rita's African Show: Wednesday, August 19th at 1:00 p.m. The cost is free for members, \$10 for non-members, 55 years of age or better.

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Send us a photo of you with the *Post Road Review* and we will post it in the next issue and share it on our Facebook Page!



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Groton Public Library Upcoming Programs

The Groton Public Library is located at 52 Newtown Road, Groton. For more information about library programs or services, please call (860) 441-6750 or visit grotonpl.org. All programs hosted by the Groton Public Library are inclusive and open to people of all ability levels. Please contact the Library for information about available accommodations.

Youth & Family Activities

Babies & Books

Monday, August 3, at 10 a.m.

Join us for this registered program for children ages birth-23 months. Babies will enjoy nursery rhymes, simple stories, finger plays, movements, and playtime. Space is limited; register for each session individually. Call the Groton Public Library at (860) 441-6750 or visit the online calendar at grotonpl.org to sign up.

Summer Teen Take & Make

Monday, August 3, from 2 to 9 p.m.

Stop by the Groton Public Library to pick up a sand art craft kit, available while supplies last. For teens entering grades 6-12.

Journey through Time with DEEP

Tuesday, August 4, at 10 a.m.

Join CT DEEP instructors for a journey through time to uncover the stories written in the rocks all around us, including dinosaurs! Recommended for ages 8-17. Space is limited; registration is required. Call (860) 441-6750 or visit the online calendar at grotonpl.org to register. This event is sponsored by the Groton Public Library Circle of Friends.

*Registration link: <https://grotonpl-ct.libcal.com/event/16515405>

Crystal Suncatchers

Wednesday, August 5, at 1 p.m.

Create your own unique suncatcher using an assortment of crystals and beads, available while supplies last. No registration required. For teens entering grades 6-12.

Hands on History: Children's Grab & Go

Thursday, August 6, from 9 a.m. to 9 p.m.

Come celebrate America's 250th anniversary with a fun, youth-friendly journey through history! This grab & go kit introduces children ages 5+ to a traditional toy called a whirligig, available while supplies last.

Fun Friday: Rock the Kindness

Friday, August 7, at 2 p.m.

Transform a simple stone into a source of inspiration! We are inviting creators of all ages to join us for a colorful afternoon of painting and positivity. Whether you want to paint a bright rainbow, a tiny ladybug, or a message of hope, your art will help make our community a little brighter. Once your masterpiece is dry, you can add it to the Groton Public Library's Kindness Garden for others to find or keep it to hide somewhere special in town. This event is free, all supplies are provided, and no registration is required.

Summer STEAM & Arts

Friday, August 14, at 2 p.m.

Join our friends from New London Public School's Magnet Pathways department for an afternoon of STEAM fun and to learn about the various opportunities their program offers. Activities may include robotics and coding challenges, engineering design projects, visual arts experiences, creative media activities, and other interactive learning opportunities. No registration required. Recommended for children ages 6-12.

Events For Adults

Summer Supper Club

Pick Up: Monday, August 3, from 9 a.m. to 9 p.m.

Meet & Eat: Thursday, August 20, at 6 p.m.

At the beginning of each month, choose from a display of cook-

books labeled with one of four categories: appetizer, side dish, entree, or dessert. Then, bring your book and your creation to our Meet & Eat to share your culinary experiences. This program is open to cooking enthusiasts of all ages. Supplies are limited on a first-come, first-served basis.

Morning Matinee

Tuesday, August 4, at 9:30 a.m.

Join us at the Groton Public Library for a free movie, freshly-popped popcorn, and ice-cold lemonade (while supplies last). These early-bird showings may feature cinema classics, new releases, or documentaries. Call the Library at (860) 441-6750 or visit the online calendar at grotonpl.org for this month's film title.

DIY Coasters

Wednesday, August 5, at 11 a.m.

Join a Mattatuck Museum educator for a hands-on DIY coaster-making class! Participants will explore a variety of techniques using Sharpies to create vibrant, one-of-a-kind designs. Watch colors bloom and swirl into stunning patterns, resulting in a unique work of art. Space is limited; registration is required. Call the Groton Public Library at (860) 441-6750 or visit the online calendar at grotonpl.org to register. This event is sponsored by the Groton Public Library Circle of Friends.

*Registration link: <https://grotonpl-ct.libcal.com/event/16575928>

Saturday Cinema

Saturday, August 8, at 10 a.m.

The Groton Public Library will present a showing of a recently-released blockbuster film, a timeless classic, or a riveting documentary. Enjoy the movie on the big screen with free popcorn and lemonade (while supplies last). Call the Library at (860) 441-6750 or visit the online calendar at grotonpl.org for this month's film title.

Groton Public Library Book Group

Tuesday, August 11, at 6:30 p.m.

The Groton Public Library will host a book discussion of "Good Dirt" by Charmaine Wilkerson. In this moving novel from the best-selling author of "Black Cake," the daughter of an affluent Black family pieces together the connection between a childhood tragedy and a beloved heirloom. Copies are available at the library; call or reserve online.

Introduction to Microsoft Excel

Wednesday, August 12, at 10 a.m.

Learn the fundamentals of Microsoft Excel in this one-hour workshop, perfect for those new to spreadsheets. We will cover the basics of navigating Excel, entering data, and creating simple formulas and functions to perform calculations. Discover how easy it is to organize information and manage numbers with this essential tool. Space is limited; registration is required. Call the Groton Public Library at (860) 441-6750 or visit the online calendar at grotonpl.org to register.

*Registration link: <https://grotonpl-ct.libcal.com/event/17157349>

Try it Trends: Book Be-Dazzling!

Wednesday, August 12, at 6 p.m.

Bring a book from home, or use one of our lightly used titles to bedazzle! Please note that you will not have time to fully cover a book with crystals. Space is limited; registration is required. Call the Groton Public Library at (860) 441-6750 or visit the online calendar at grotonpl.org to register.

*Registration link: <https://grotonpl-ct.libcal.com/event/16773032>

Paper Quilting

Tuesday, August 18, at 11 a.m.

Join a Mattatuck Museum educator for a hands-on paper quilting class. Learn to cut, fold, and layer paper to create designs inspired by traditional quilting patterns, culminating in a one-of-a-kind piece of art. Space is limited, and registration is required. Call the Groton Public Library at (860) 441-6750 or visit the online calendar at grotonpl.org to register. This event is sponsored by the

Groton Public Library Circle of Friends.

*Registration link: <https://grotonpl-ct.libcal.com/event/16919041>

Introduction to Microsoft Word

Wednesday, August 19, at 10 a.m.

Learn the fundamentals of Microsoft Word! By the end of the class, students will be able to navigate the Word interface, create and format documents, as well as input and edit text. Space is limited; registration is required. Call the Groton Public Library at (860) 441-6750 or visit the online calendar at grotonpl.org to register.

*Registration link: <https://grotonpl-ct.libcal.com/event/17157393>

Virtual Author Talks

The following events are available live or on demand and include a Q&A with the author. Hosted in partnership with the Library Speakers Consortium and sponsored by the Groton Public Library Circle of Friends.

The Legacy of Julia Child's Kitchen (VIRTUAL)

Tuesday, August 4, at 2 p.m.

Join us for a conversation that's sure to warm your heart as we delve into the legacy of cooking icon Julia Child with Smithsonian curator and public historian Paula J. Johnson. Her book, "Julia Child's Kitchen: The Design, Tools, Stories, and Legacy of an Iconic Space," includes interviews with chefs who knew Julia well, commentary on her favorite culinary tools and kitchen gadgets, and a stunning array of photos. Register at library.org/grotonlibrary/102269.

When Trees Testify: Reclaiming America's Black Botanical Legacy (VIRTUAL)

Tuesday, August 25, at 2 p.m.

Join us for a riveting conversation with award-winning biologist Beronda Montgomery as we discuss her book, "When Trees Testify: Science, Wisdom, History, and America's Black Botanical Legacy." Combining the wisdom of science and history with stories from her own path to botany, Montgomery talks to majestic trees, and in this unique and compelling narrative, they answer. Register at library.org/grotonlibrary/186024.

A Miss Marple Mystery with Lucy Foley (VIRTUAL)

Thursday, August 27, at 2 p.m.

Join us for a thrilling conversation with acclaimed author Lucy Foley as we delve into her brand-new Miss Marple mystery, "Murder at the Grand Alpine Hotel." She was inspired to transport Miss Marple—her favorite Christie creation—to the glamorous post-war setting of the Swiss Alps, in a mystery that feels gloriously escapist yet utterly relevant to our times. Register at library.org/grotonlibrary/186686.

Summer Time Story Time!

The Bill Memorial Library in the City of Groton invites children to our Summer Time Story Time, a story program for children ages birth through age 5, with a caregiver. Story Time meets every Monday at 10:00 a.m. at the library, beginning on June 29, 2026, through August 10. Story Time features stories, songs with live music, and finger plays in the Reference Room, with sessions moving outside when weather permits. No registration necessary; please call the library at 860-445-0392 for further information.

Library hours are Monday, Tuesday and Thursday, 10:00 a.m. to 8:00 p.m., Wednesday and Friday, 10:00 a.m. to 5:00 p.m., and Saturday, 10:00 a.m. to 3:00 p.m..

The Bill Memorial Library, a landmark on Groton Bank since 1890, is located at 240 Monument Street in the City of Groton, near the Groton Monument and historic Fort Griswold. To keep up with the latest happenings for adults, teens, kids and families, visit our web page at <http://www.billmemorial.org>, or check out our social media - follow us on Instagram at @billmemorialgrotonct or find us on Facebook at Bill Memorial Library.

TVCCA Announces Return of AmeriCorps Seniors RSVP Program

NORWICH, CT — Older adults in eastern Connecticut will once again have access to transportation and food assistance through the return of the AmeriCorps Seniors Retired Senior Volunteer Program (RSVP), Thames Valley Council for Community Action (TVCCA) announced this week.

The program, which was suspended after funding ended in early 2025, is returning thanks to a new AmeriCorps grant awarded to TVCCA. While the grant is smaller than previous awards, it will focus on two critical needs for older adults: access to nutritious food and transportation to medical appointments.

"We're thrilled to bring RSVP back to eastern Connecticut," said TVCCA's CEO Josh Kelly. "Although the program will have a narrower focus than in the past, this funding allows us to restore services that help older adults remain healthy, independent, and connected. We look forward to welcoming volunteers back and helping ensure more seniors can access the resources they need."

RSVP connects adults age 55 and older with volunteer opportunities that strengthen local communities while helping older residents maintain their independence. TVCCA expects to announce additional details about the program's relaunch, including volunteer recruitment and service availability, later this summer.

AmeriCorps is the federal agency for national service and volunteerism, connecting individuals and organizations through service to address the nation's most pressing challenges.

For more information about TVCCA's programs, visit tvcca.org.

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Waterford Public Library Upcoming Programs

The Waterford Public Library, located at 49 Rope Ferry Road, Waterford, has announced the following schedule.

For more information please call (860)444-5805, visit <https://www.waterfordct.org/158/Library> or email waterfordlibrary@waterfordct.org.

Family Programs

Monday, August 10, 10:30 a.m. - 11:00 a.m.

BenAnna Band!: The amazing BenAnna Band is back! Get your dancing shoes on and join us for an energetic and inclusive family friendly performance from this popular duo. All ages and abilities welcome, no registration required.

Friday, August 14, 2:30 p.m. - 4:00 p.m.

Family Movie Matinee: Join us for a relaxing family friendly movie in the library meeting room. Bring your blankets and pillows to make it even more cozy! All ages welcome, no registration required. Check our website for more information.

Monday, August 17, 2:00 p.m. - 3:00 p.m.

Back to School Ice Cream with SROs: We had a GREAT summer here at the library and it's almost time to head back to school! Join us for some ice cream sandwiches and ice pops with Officer Fredricks, Hodges, and the school resource officers (SROs) from the Waterford Public Schools. Stop by the library meeting room anytime between 2:00 and 3:00 pm to have a sweet treat and get to know your SRO! This program is for students entering pre-k through 12th grade at the Waterford Public Schools but all are welcome to stop by as long as our supply lasts, no registration required. Thank you to M&T Bank for helping to fund this program.

Children's Programs

Saturday, August 1 to Friday, August 28

Grab & Go: Cow Puppet: Stop by the Children's Room Saturday, August 1 to Friday, August 31 to pick up supplies to make a cute cow puppet at home! Check our Facebook page (@waterfordpubliclibrary) for a step-by-step video tutorial on how to make your craft. Available while supplies last.

Mondays, August 3, 17, & 24, 10:30 a.m. - 11:00 a.m.

Family Storytime: Get ready to read and get your wiggles out! Join Ms. Jenna at the library for some fun stories, songs, and dancing. Recommended for ages birth to five years old with a caregiver. No registration is required.

Monday, August 3, 5:00 p.m. - 6:00 p.m.

'Summer Scares' Book Club: This summer, get ready for chills, thrills, and spooky fun! Join our Summer Scares Book Club for creepy tales, fun themed craft and activities, and hauntingly good discussions! Recommended for ages 6-11. No registration required.

Thursday, August 6, 11:00 a.m. - 11:45 a.m.

Little Artists: Fruit & Veggie Stamping: Create and play at the library with garden printmaking! Toddlers and their caregivers will use fruits and vegetables as stamps to decorate an apron to take home. A fun, hands-on art experience full of color and creativity. Recommended for ages 2-5, with a caregiver. Registration required. (Adults do not need to be registered.)

Friday, August 7, 10:30 a.m. - 12:00 p.m.

Stay and Play: Stop by the library meeting room anytime between 10:30 and noon to play with some different toys and socialize with other parents and caregivers. Please note: this is not a structured storytime or program, just an informal space for free play. As with all of our programs, adults are responsible for their children. Recommended for ages birth to five years old, no registration required.

Monday, August 10, 4:00 p.m. - 6:30 p.m.

Drop in Craft: Rock Painting: Get ready to transform ordinary rocks into works of art. From colorful designs to inspiring message-

es, let your imagination run wild as you paint your masterpiece. We will have some rocks provided but feel free to bring your own so more people can participate! Recommended for ages 6 and up, no registration required.

Tuesday, August 11, 4:30 p.m. - 5:30 p.m.

Cooking for Kids with Food For Your Soul: Join Food For Your Soul, LLC for a special hands-on cooking class, featuring this year's summer reading theme, "Plant a Seed, Read!" Recommended for ages 6 to 12 years old, registration is required. After registering, the library will reach out to the participants about any allergies. Thank you to M&T Bank for helping to fund this event.

Thursday, August 13, 2:30 p.m. - 3:30 p.m.

Science Heroes: Digging It: Unearth your curiosity as we dig into the incredible science that's all around us!

- Harness the power of pressure and energy with our Toilet Tornado™!

- Experiment with physical vs. chemical changes with our Disappearing Polymer™!

- Observe the effects of physical explosions, angles, and trajectory with our Hydro-Cannon™!

- And more!

If you didn't already love science, you'll really 'dig it' after experiencing Science Heroes! Recommended for ages 6 and up, no registration required. Thank you to M&T Bank for helping to fund this event.

Tuesday, August 18, 2:30 p.m. - 3:30 p.m.

Gilbert the Party Pig and Friends: Come join us for an hour of fun with Gilbert, Meadow, and Dot. During this interactive and educational program, we will learn fun facts about pigs then watch and even help with some tricks. After the presentation, there will be time for photos with the friendly pigs. Recommended for ages 4 and up, no registration required. Thank you to M&T Bank for helping to fund this program.

Saturday, August 22, 10:00 a.m. - 11:00 a.m.

Read to Scout: We are excited to welcome another certified therapy dog to the library! Come practice your reading skills and give Scout a cuddle in the Children's Room anytime between 10:00 and 11:00 am. All ages are welcome, no registration required.

Monday, August 24, 4:00 p.m. - 6:30 p.m.

Drop in STEAM Adventure: Recycled Creations: Turn trash into treasure! Kids will have fun transforming cardboard into a colorful bracelet, spinning toy, or beautiful flower vase while exploring recycling through creativity and imagination. Recommended for ages 5 and up. No registration required.

Friday, August 28, 11:00 a.m. - 11:45 a.m.

Baby & Me Lapsit Storytime: Join us for a cozy and engaging storytime designed for babies and their caregivers! Enjoy songs, rhymes, stories (and cuddles!) that support early language development and bonding. The first half will be a structured storytime then attendees are welcome to stay to play and socialize. Recommended for children up to 18 months and their caregivers. No registration required.

Teen Programs

Wednesday, August 5, 3:30 p.m. - 4:30 p.m.

Pokémon Creative Club: Calling all trainers: join us and other like-minded fans for a themed creative activity! This event will feature a hands-on project inspired by the world of Pokémon. Ages 8 and up, no registration required. (This is not a card-trading event)

Wednesday, August 12, 5:30 p.m. - 7:00 p.m.

Teen Craft Night: At this Teen Craft Night we will be making super adorable avocado-shaped pillows! All materials provided. Recommended for ages 11 to 18 years old. Registration is required.

Adult Programs

Tuesdays, August 4 & 18, 1:00 p.m. - 2:30 p.m.

Introduction to Writing Workshop: Don't Let That Blank

Piece Of Paper Intimidate You!: We've added a second Tuesday session for the months of June, July and August. Join us for this writing workshop. Local author Kathy Swope will lead this program. Please bring your own writing materials.

Tuesday, August 4, 6:30 p.m. - 8:00 p.m.

Guest Author Katherine Grandjean: We are very pleased to welcome Katherine Grandjean, author of a new book called *Kingdom of Devils: A Tale of Murder in the Shadow of the American Revolution* released June 9. The chilling true story of a brutal string of deaths on the post-Revolutionary frontier that reveal the violence at the heart of the young United States. Katherine Grandjean is associate professor of history at Wellesley College. She has been the recipient of several major research fellowships from the National Endowment for the Humanities, American Antiquarian Society, and the American Council of Learned Societies, among others. At Wellesley, Professor Grandjean teaches courses on colonial and Revolutionary American history, Native American history, the history of American food, and early American crime and punishment. Kate is the daughter of Waterford residents Clifford and Doreen Grandjean. Kate will be signing her books after the talk. Bank Square Books will be on site.

Thursday, August 6, 10:00 a.m. - 11:30 a.m.

Adult Craft: Make A Wildflower Seed Bomb: Get your hands dirty! Join us to craft your own native wildflower seed bombs using clay and pollinator-friendly seeds. It's an easy, fun way to bring vibrant blooms and vital wildlife to your backyard or neighborhood. Once they dry, simply toss them onto bare soil and let nature do the rest. All supplies are provided. Registration is required as space is limited. With Bekah Danehy.

Fridays, August 7, 14, 21, & 28, 10:00 a.m. - 11:15 a.m.

Memory Café Program: The Library, in partnership with Waterford Senior Services, is offering a Memory Café during the months of April through June. The café is held at the Waterford Community Center at 24 Rope Ferry Road. The café offers a weekly opportunity for social engagement for anyone experiencing changes in their memory or thinking, accompanied by their care partners. Activities will include sing-alongs, creative engagement, reading and conversation. Refreshments will be provided. To learn more about the Memory Café movement, please visit the Dementia Friendly America website at <https://dfamerica.org/what-is-memory-cafe/>. The program is free and open to the public, but as space is limited, registration through Waterford Senior Services is required. Please call 860-444-5839 to register.

Fridays, August 7, 14, 21, & 28, 11:00 a.m. - 12:30 p.m.

Scrabble Club: This Scrabble Club meets every Friday from 11 to 12:30 p.m. This club is open to all ages and abilities.

Monday, August 10, 6:00 p.m. - 7:30 p.m.

Master the Art of Preserving Your Harvest: Preserve the taste of the season all year round with our "Preserving the Harvest" talk! Get ready to say goodbye to wasted produce and hello to a pantry full of delicious, homemade preserves! Don't let your hard work go to waste. Our presenter is Mark Gostkiewicz. His family-owned farm is located in Colchester. Mark's passion for sustainable farming began with his first job at the certified organic Highland Thistle Farm in Canterbury where he learned about holistic management and sustainable practices. Registration is required.

Monday, August 17, 6:00 p.m. - 7:00 p.m.

Monarch Conservation: Monarchs are iconic species known for their migration and beauty. Join Nancy Tipping, Xerces Society Ambassador, as she explores the world of monarch butterflies, their life histories, threats, and simple actions you can take to help conserve them. The Xerces Society for Invertebrate Conservation is an international nonprofit organization that protects the natural world through the conservation of invertebrates and their habitats.

Wednesday, August 26, 6:00 p.m. - 7:30 p.m.

Battling the Backyard Invaders: Epic Natives under Attack: Explore the beauty of our local native plants and the invasive species currently threatening their survival. Learn critical identification tips and actionable strategies to help preserve our community's natural habitat. We welcome back Jim Natale of Wilder Gardens.

August Art Wall: Patrick Crotty

We continue to offer both virtual and in-person events. For further details about all of our programs and registration, please refer to our website www.waterfordpubliclibrary.org and then click on Programs & Events. While at our website, be sure to sign up for our monthly e-newsletter for the latest information on all library events and services. Please "like" us on Facebook too!

Volunteering Opportunities at the East Lyme Historical Society

Become a SuperHero! We are an All Volunteer Non-Profit Organization. We love it so much that our Programs are Free! And We would Love you to Join Us! Our Overall Mission: To Preserve our Town's Story one history, one artifact, one family tree at a time.

You ask: "What can I do?" Glad you asked:

Are you archivally inclined? Then please join us on Monday Mornings from 9:00 a.m. till noon at the East Lyme Public Library in the East Lyme Room.

Can you only help sometimes? We always need help with our Events: Flea Markets (3), Winter Lecture Series (various once-a-month dates)(in the winter), Pot Luck Dinners in the Spring and Fall, Nehantic Heritage Day, Celebrate East Lyme Day

Tour Guides:

The Thomas Lee house circa 1660

Media Content:

Website volunteers to do random updates by adding photos, upcoming events and more. Taking photos of events for our Monthly Newsletter and our Facebook Page (Perfect for Students looking to satisfy any community action hours or your love of history)

Other great ways to support the society:

Monetary Donations, Our Colonial Herb Garden loves helping hands for maintenance and harvesting.

Become a member:

We offer yearly and life-time memberships!

Ready to Volunteer? Stop by any Monday morning for a visit. We meet in the East Lyme Room in the East Lyme Public Library

Or if you are ready send us your contact information and how you would like to help and we will add you to our Volunteer Contact List: info@eastlymehistoricalsociety.org.

GET POSTED!

Snap a photo holding *The Post Road Review* during your next vacation or from your favorite local spot. Then send it in for a chance to be published and win a \$10 gift card from Flander's Donut & Bake Shop!

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East Lyme Public Library Upcoming Programs

The East Lyme Public Library, 39 Society Rd, Niantic, has announced the following programs. For more information and registration call (860) 739-6926 or visit <https://www.eastlymepubliclibrary.org>.

Book Groups

Out-of-This-World Book Group

Wednesdays, 7:00 p.m.

Location: East Lyme Room

8/12/2026 The Will of the Many by James Islington

Novel Book Group

Tuesdays, 7:00 p.m.

Location: East Lyme Room

8/11/2026 The Hamilton Affair" by Elizabeth Cobbs

Men's Book Group

Wednesdays, 7:00 p.m.

Location: East Lyme Room

8/26/2026 Bird Box by Josh Malerman

Nonfiction-for-Fiction-Readers Book Club - Nonfiction books that bring together storytelling qualities of novel writing, linked to true events/information.

Tuesdays, 7:00 p.m.

Location: East Lyme Room

8/25/2026 Midnight in Chernobyl by Adam Higginbotham

Mystery Book Group

Thursdays, 11:00 a.m.

Location: East Lyme Room

8/27/2026 Fatal Intrusion by Jeffrey Deaver and Isabella Maldonado

Classics Book Group

Fridays 11:00 a.m.

Location: East Lyme Room

8/14/2026 A Clockwork Orange by Anthony Burgess

Club and Craft Programs

Trivia Night

Tuesdays, 6:30 p.m.

Location: Senior Center

Looking to test your knowledge? Join the fun and pit yourself against our quiz questions for a night of trivia. Come by yourself or with family and friends. All ages welcome!

8/25/2026

Please register at www.eastlymepubliclibrary.org

Drop-in Craft Club

Saturdays

11:00 a.m.-1:00 p.m.

Location: East Lyme Room

Drop in, get creative, and make something awesome! Our Craft Club is a relaxed, come-as-you-are space where you can dive into your own creative world. Bring a project or explore our selection of supplies to make something uniquely yours. Come by, connect with others, and enjoy a welcoming, low-pressure environment where creativity can flow freely.

8/22/2026

Please register at www.eastlymepubliclibrary.org

Craft Your Own Pen with the Eastern CT Woodturners

Saturday, August 15

Class sessions from 10:00 a.m., 11:00 a.m., 12:00 p.m., or 1:00 p.m.

Location: The Barn at Brookside Farm and Museum

Do you have a passion for woodworking? In this workshop participants will learn about the art of woodturning in a hands-on class. Members of the Eastern Connecticut Woodturners will be set

up to guide attendees through turning their very own pen that they can take home with them. Participants can pre-book a 1-hour time slot using our online registration.

Please register at www.eastlymepubliclibrary.org. Ages 12 and up. Limited space.

Get Up and Shoot with your Smartphone Camera

Wednesday, August 19

6:00 p.m.

Location: East Lyme Room

Bring your fully charged smartphone, charger, and any camera accessories you have to this hands-on class. After a brief intro to photography basics and smartphone controls, students can practice taking photos, while learning to find compelling subjects and how to use composition techniques to elevate their images. The session wraps up with a demo of editing tools so students can refine and transform their photos. A complete handout will be distributed upon arrival. It contains lots of information and will greatly simplify the process of understanding what's being taught in class.

Please register at www.eastlymepubliclibrary.org

Children & Families

Summer Babies: Wednesdays, 9:30-10:00 a.m. and 10:30-11:00 a.m.

August 5, 12

Location: Story Room

Sing, read, bounce and play with Miss Sarah at our summer storytime for kids from birth to age 3. Older siblings are always welcome. No registration required.

Mermaid Storytime: Thursdays, 10:00 - 10:30 a.m.

August 6, 13

Location: Hole in the Wall Beach

Enjoy stories and songs with Miss Rebecca the Mermaid at Hole-in-the-Wall Beach! Recommended for ages 2-6, but all are welcome! In case of inclement weather, please check our Facebook page or call 860-739-6926 ext. 2. Co-sponsored by East Lyme Parks and Recreation. No registration necessary. Temporary beach passes are available in the Children's Department

Summer Programs for Children, Teens and Families:

All Aboard! Train Play: in the Children's Storytime Room.

Drop in to play with the Library's extensive collection of wooden trains. For ages 2 and up with a caregiver.

Tuesdays 9:30 a.m.-3:00 p.m. and Fridays 9:30a.m. - 4:30p.m.

Read to Hazel: Tuesdays, 4:00 – 5:00p.m. in the Children's Storytime Room

August 4, August 11

Children build confidence and fluency when reading aloud, and no one is a better listener than Hazel the therapy dog! Hazel is a 6 year-old Golden Retriever. She and her human, Nicole Goolsbey, are volunteers with the Alliance of Therapy Dogs. Sign up for a 15-minute slot to read to Hazel by calling 860-739-6926 ext. 2. Registration required. For ages 6 and up.

Free Family Fun Shows at McCook Point Park Bandshell!

Tuesdays, 7:00-7:45 p.m.

Co-sponsored by East Lyme Parks and Recreation

In case of inclement weather, please check our Instagram and Facebook pages, or call 860-739-6926 ext. 2 on the day of the show.

August 4: Steve Elci & Friends in Concert

August 11: Magic of Jeff Horton

Family Story Strolls:

Saturday, August 29 9:00-10:00 a.m.: Rivers Rock!

Join Miss Sarah for a story and short nature walk designed for families with young children! Wear closed-toe shoes for trail walking, and shoes that can get wet on August 29.

Meet at Oswegatchie Hills Nature Preserve, 8 Memorial Park Dr., Niantic.

Registration is required at [eastlymepubliclibrary.org](https://www.eastlymepubliclibrary.org).

Stress Busters: A Wellness Series for grades 5-8

Monday, August 17 through Friday, August 21, 2:30-4:00 p.m. in the Barn at Brookside Farm which is located next door to the Library: 33 Society Rd., Niantic, CT 06357.

This series is sponsored by Mandala Minds & Wellness, East Lyme Public Library, East Lyme Department of Youth, Family, and Human Services, and the Brian Dagle Foundation.

Registration is required.

August 17: Mandala painting with Amy Crose of Mandala Minds & Wellness. Completed stones will be displayed in the Brian's Healing Hearts Garden. Hazel the Therapy Dog will join us, too!

August 18: Laugh away your worries with professional stand-up comedian Jonny Benson.

August 19: Learn hip hop dance combos with DJ Red Supreme

August 20: Art journaling with graphic artist/librarian Emery Viteri

August 21: Read and relax. Make braided bookmarks and spend some quiet time reading. Bring a good book and a comfy blanket, pillow, or yoga mat.

Registration is required for each session at eastlymepubliclibrary.org.

Summer Reading Incentive Program**Summer Reading Incentive Program: Plant a Seed, Read!**

Read books and win prizes!

June 15 through September 18

Sign up in the Children's Room. You may opt for our online program at eastlymelibrary.readsquared.com

For Kids: Kids can earn "brag tags" and prizes each week they visit the Library!

For Middle School Students: Middle School students can earn special prizes each week they visit the Library!

For High School Students: Read one book, listen to one podcast, or attend one East Lyme Public Library program to earn one entry for a prize drawing for a chance to win a \$100 Amazon gift card and other great prizes to be announced. Summer work for Honors and A.P. classes counts!! Stop by the Circulation Desk to pick up your reading log.

Storybook Trail:

Location: Perimeter of Samuel M. Peretz Park at Bridebrook Park

Our featured book is Book Fiesta by Pat Mora and Rafael Lopez

Enjoy the summer sunshine and fun stories while walking along our Storybook Trail!

Music & Movement At The Bill Memorial Library

The Bill Memorial Library in the City of Groton invites children and their grownups to our Music & Movement program on Tuesdays at 10:00 a.m. beginning June 30, 2026, through August 11, 2026. Join us for songs and activities with LIVE music! We'll have you and your little one moving and grooving as we sing, stretch, and explore music with instruments. This program is supported by CT Humanities and no registration is required. Call the library at 860-445-0392 for more information.

Library hours are Monday, Tuesday and Thursday, 10:00 a.m. to 8:00 p.m., Wednesday and Friday, 10:00 a.m. to 5:00 p.m. and Saturday, 10:00 a.m. to 3:00 p.m.

The Bill Memorial Library, a landmark on Groton Heights since 1890, is located at 240 Monument Street in the City of Groton, near the Groton Monument and historic Fort Griswold. To keep up with the latest happenings for adults, teens, kids and families, visit our web page at <https://www.billmemorial.org>, or check out our social media - follow us on Instagram at @billmemorialgrotonct or find us on Facebook at Bill Memorial Library.

CT River Museum Upcoming Events

The Connecticut River Museum 67 Main Street, Essex, CT has announced the following schedule. For more information, please call 860-767-8269, visit <https://ctrivermuseum.org/> or email astromberger@ctrivermuseum.org.

River Tales: The Rhythm of the Rain

Saturday, August 1, 2026

11 a.m. – 12 p.m. or 1 p.m. – 2 p.m.

Non-members: \$3 per learner

Members: FREE!

Museum admission is not included with ticket purchase.

Swing by the Connecticut River Museum for stories take-home craft activities that engage kids with the Connecticut River's stunning wildlife and rich history! Perfect for young learners 4+ and their caregivers. Check in at the front desk upon arrival.

This August, in collaboration with the Museum's new special exhibit, Rhythm of the River, we will be reading The Rhythm of the Rain, a picture book from Greenaway medal-winner, Grahame Baker-Smith. The book begins with Isaac, a little boy playing by his favorite pond, emptying a jar of water into the pond. The story follows the water from his jar as it travels around the world, explaining the water cycle with beautiful illustrations and capturing the remarkable movement of water across the earth in all its majesty.

Questions? Email edriver@ctrivermuseum.org.

The Connecticut River Museum may photograph this event. By participating, you agree to allow photos to be posted on the Connecticut River Museum's website, Facebook page, Instagram feed, and other media.



Photo Credit: 102D Army Band

Thursdays on the Dock**102D Army Band and Jazz Combo**

Thursday, August 6, 2026

5:30 – 7:30 p.m.

Thursdays on the Dock has been a shoreline staple for 17 years and remains the premier destination for waterfront music. Swing by each Thursday evening in July and August, bring a chair or blanket, listen to a free concert, and watch the sun go down over the river.

The 102D Army Band is "Connecticut's Own" Army National Guard Band. Stationed in Rockville, Connecticut, the 102d Army Band is composed of 37 Soldier-Musicians and 7 musical elements. The 102D Army Band performs at venues all over the state of Connecticut. Enjoy a performance on the Museum's front lawn by the 102D Army Band and Jazz Combo group.

In case of inclement weather, please check our site. All updates will be shown there.

These events are free; we pass a hat to enable us to continue the tradition.

Cash bar. Please no BYOB.

Beer and wine are available for purchase. Porky Pete's BBQ is on-site and has options for dinner or snacks, as is Deep River Ice, who will have sweet treats for sale.

While you are on Museum property, photographs may be taken for promotional purposes.



Photo Credit: Cherry Pie

Thursdays on the Dock

Cherry Pie

Thursday, August 13, 2026

5:30 – 7:30 p.m.

Thursdays on the Dock has been a shoreline staple for 17 years and remains the premier destination for waterfront music. Swing by each Thursday evening in July and August, bring a chair or blanket, listen to a free concert, and watch the sun go down over the river.

Jump, jive, and kick your heels up to swing, rockabilly, Latin and a few sultry ballads thrown in just for fun. With Jilian Grey and the boys, Cherry Pie is a delicious, freshly baked musical dance party with just enough retro sprinkled on top for sweet-stepping good time! Jilian Grey and drummer Rich Dart together with Lou Bocciairelli on bass and Michael Savino on guitar/vocals, have become a weekly favorite at the Griswold Inn and perform at many established venues along the Shoreline. Cherry Pie has garnered a loyal and enthusiastic following.

In case of inclement weather, please check our site. All updates will be shown there.

These events are free; we pass a hat to enable us to continue the tradition.

Cash bar. Please no BYOB.

Beer and wine are available for purchase. Porky Pete's BBQ is on-site and has options for dinner or snacks, as is Deep River Ice, who will have sweet treats for sale.

While you are on Museum property, photographs may be taken for promotional purposes.

Classifieds Pay!

Email classifieds@postroadreview.com
for more information and pricing.



Photo Credit: The Italics

Thursdays on the Dock

The Italics

Thursday, August 20, 2026

5:30 – 7:30 p.m.

Thursdays on the Dock has been a shoreline staple for 17 years and remains the premier destination for waterfront music. Swing by each Thursday evening in July and August, bring a chair or blanket, listen to a free concert, and watch the sun go down over the river.

The Italics play rock 'n' roll music inspired by the Beatles and the British Invasion. Formed in 1965 by 2 brothers and 2 friends who shared a love of music, they continue to spread their love of music through performances across Connecticut and Rhode Island.

In case of inclement weather, please check our site. All updates will be shown there.

These events are free; we pass a hat to enable us to continue the tradition.

Cash bar. Please no BYOB.

Beer and wine are available for purchase. Porky Pete's BBQ is on-site and has options for dinner or snacks, as is Deep River Ice, who will have sweet treats for sale.

While you are on Museum property, photographs may be taken for promotional purposes.



Photo Credit: Local Honey

Thursdays on the Dock

Local Honey

Thursday, August 27, 2026

5:30 – 7:30 p.m.

Thursdays on the Dock has been a shoreline staple for 17 years

and remains the premier destination for waterfront music. Swing by each Thursday evening in July and August, bring a chair or blanket, listen to a free concert, and watch the sun go down over the river.

Born out of a mutual respect for all things auditory and a humble appreciation for an organic evolution, lifelong friends Frank Natter, Erin Smith, and Abraham Wilson have embarked on an unforgettable musical journey: the band Local Honey. Steely and deliberate songwriting that casually staggers down the line between rhythm and melody, laced with loose yet conscious jams, and extraordinary vocals will transport any listener to another realm. Experiencing an amazing live show is one of life's sweetest pleasures and for the person who is treated to Local Honey, they will be given music performed with pure emotion, raw talent, and endless gratitude.

In case of inclement weather, please check our site. All updates will be shown there.

These events are free; we pass a hat to enable us to continue the tradition.

Cash bar. Please no BYOB.

Beer and wine are available for purchase. Porky Pete's BBQ is on-site and has options for dinner or snacks, as is Deep River Ice, who will have sweet treats for sale.

While you are on Museum property, photographs may be taken for promotional purposes.



Patriotic Paddle and Picnic

Saturday, August 29, 2026

11:00 a.m. - 2:00 p.m.

Join the Essex Land Trust and the Connecticut River Museum for an intermediate guided Canoe/Kayak paddle from Essex village to explore Historic Falls River Cove. Jeff Croyle, Essex Land Trust Vice President will lead the paddle. Participants must check-in on site, sign a waiver, and launch their boats prior to the paddle. Please drive down to the ramp to drop off your boat and gear. ELT Volunteers will be there to help you unload. Parking is at the Lay House parking (upper) lot of the Museum; please arrive early. Additional street parking is available.

A BYO (Bring your own) picnic on the Museum lawn will follow the paddle at 1:00 p.m. The Corinthian Jazz Band will perform a blend of American favorites and patriotic tunes, ending with a medley to honor our armed forces. Refreshments will be available for purchase. You may decorate your boat and wear red, white, and blue to celebrate the occasion. Please be sure that you and your boat are seaworthy! Participants are solely responsible for providing and use of their own equipment, including PFDs.

This event is weather dependent. Please check our Facebook page for updates. Dogs are permitted at this event and must be secured on the water and on leash on land.

Public Library of New London Upcoming Events

The Public Library of New London, 63 Huntington St, New London, has announced the following events. For more information and registration call (860) 447-1411 or visit <https://plnl.org>.

Children's Events

Children's Take & Make Kits: Stop by the Children's Room for a craft kit to go!

Interactive Movie Kits: This month we'll have interactive movie kits; titles TBD.

Toy Library: Stop by the Children's Room to check out toys from the Toy Library!

All Ages Storytime: Wednesdays, 10:30-11:30 a.m., Join us for an all-ages story time and play group! We will have a short story time, sing some songs, and then take out some toys for time to socialize and play

Art Class with Miss Dana: Thursdays, 5-6 p.m., Come to the library on Thursday evenings to take an art class with Miss Dana! We will work on a new project each week.

Baby + Me Playgroup: Fridays, 10:30-11:30 a.m., We will do a short lap story and then turn on the music and take out the toys for time to socialize. A great opportunity for new parents to meet and babies to play.

8/3/26: Movie Night Monday: 4-6 p.m., Stop by the Community Room for a screening of The Lorax!

8/4/26 & 8/11/26: Children's Pokemon Club: 2-3 p.m., Do you love Pokemon? Swing by the library for a different Pokemon activity and craft every week!

8/4/2026: Meet the Animals: 4-5 p.m., Learn about ecosystems, habitats, and other aspects of the natural world—AND meet some of those inhabitants, courtesy of the Niantic Children's Museum!

8/5/26 & 8/19/26: Cooking For Kids! 4-5 p.m. Join Food For Your Soul LLC. for a series of fun cooking classes! Geared for ages 3-10; Registration required.

8/10/2026: School Supplies Swap: 3-5 p.m., Do you have school supplies that were never used or were only gently used? Are you in need of school supplies? Stop by the Community Room to leave some, take some, or do both!

8/13/2026: Pollinator Power: 4-5 p.m., Join DPNCC to learn about native New England pollinators and why they are so vital to our wild ecosystems! There will also be animals to meet and hands-on activities.

8/14/2026: Summer Reading Closeout Event: 1-3 p.m., Celebrate the end of summer reading with crafts, ice cream, food, and music!

8/14/2026: All-Ages Drumming Circle: 3-4 p.m., Join Kenny "Doc" Frazier for a hands-on drumming circle program to celebrate the close of Summer Reading 2026! Participants are encouraged to bring their own drums, though there will be a limited amount available; Registration required.

8/27/2026: End of Summer Concert: 5-6:30 p.m., Join local guitarist (and staff member) John for an acoustic concert to say goodbye to summer 2026!

Teen Events

Teen Movie Series: Fridays, 3-5 p.m., Join us weekly for a movie screening! Check our website for what we'll be watching!

8/3/2026: Teen Cooking Class: National Watermelon Day: 4:30-5:45 p.m., Learn new watermelon recipes for National Watermelon Day!

8/4/2026: Game On! Videogames and VR: 4-5 p.m., Get your game on in the Teen Room!

8/5/2026: Teen Mini Golf: 3:30-5:30 p.m., Come play a round of indoor mini golf in our library-themed course!

8/6/2026: Clay Magnets: 4-5 p.m., Use clay to make some cool

Check out our new website! www.postroadreview.com

magnets for yourself!

8/10/2026: School Supplies Swap: 3-5 p.m., Do you have school supplies that were never used or were only gently used? Are you in need of school supplies? Stop by the Community Room to leave some, take some, or do both!

8/11/2026: Teen Film Club: 3:30-5 p.m., Stop by the Teen Activity Room to view a short film and discuss our thoughts over pizza!

8/12/2026: Dorm Room Cooking Skills: 4-5 p.m., Learn essential kitchen tips and tricks to prepare you for college with Food For Your Soul!

8/13/2026: Grass-Head Planters: 4-5 p.m., Paint a funny face on a ceramic pot and plant grass seed to help it grow hair!

8/14/2026: Summer Reading Closeout Event: 1-3 p.m., Celebrate the end of summer reading with crafts, ice cream, food, and music!

8/14/2026: All-Ages Drumming Circle: 3-4 p.m., Join Kenny "Doc" Frazier for a hands-on drumming circle program to celebrate the close of Summer Reading 2026! Participants are encouraged to bring their own drums, though there will be a limited amount available; Registration required.

8/17/2026: Community Dialogue: Science Across America: 3:30-5 p.m., Join us for a Community Dialogue session to discuss what kinds of STEAM programs you would like to see in the library!

8/17/2026: Custom Jenga Tower: 4-5 p.m., Help us paint the blocks for a Jenga game we'll have for Teen Room use Teens.

8/18/2026: Soil Layer Pudding Cups: 4-5 p.m., Use pudding, Oreos, and gummy worms to create a layered dirt cup dessert and learn about real soil layers in our ecosystem.

8/19/2026: Ice Cream Science: 4-5 p.m., Learn how to make your own ice cream from scratch!

8/20/2026: DIY Bag Charms: 4-5 p.m., Customize your own charm or keychain to decorate your backpack for back to school.

8/24/26 & 8/31/26: Teen Board Game Club: 4-5 p.m., Come play board games, MTG, party games, and more in the Teen Room!

8/25/2026: Slime Night: 4-5 p.m., Make your own colorful slime in the Teen Room.

8/26/2026: Teen Language Exchange: 4-6 p.m., Enjoy games and conversation to practice different languages!

8/27/2026: End of Summer Concert: 5-6:30 p.m., Join local guitarist (and staff member) John for an acoustic concert to say goodbye to summer 2026!

8/27/2026: Escaping the College Maze: Navigating & Paying for College: 5:30-6 p.m., Join My College Planning Team for a session to prepare yourself for navigating the college journey! Registration required.

Adult Events

Community Knit: Thursdays, 9:30-11:30 a.m., Bring your project materials and socialize with others. All are welcome, from beginners to advanced.

New London Chess Club: Saturdays, 9:30 a.m.-12:30 p.m., Join a casual group of chess players meeting every Saturday at the PLNL.

Players of all abilities are welcome.

Library of Things: Stop by the Adult Reading Room to check out items from our Library of Things! There are 47 items available, such as DVD players, air fryers, fishing rods, binoculars, telescopes, and more!

8/3/2026: Pride Pins: 4-5 p.m., Make a pin to represent yourself!

8/5/2026: Fly Your Flag!: 5-5:45 p.m., Learn how to make beaded safety pin flags of all kinds!

8/6/2026: Plant Swap: 3-5 p.m., Celebrate "planting a seed" with a plant swap! Bring plants, seeds, or supplies, come by to pick some up--or do both!

8/8/2026: Sci-Fi Saturdays: Little Shop of Horrors: 10 a.m.-12 p.m. Join us for a screening of Little Shop of Horrors (1986)!

8/10/2026: School Supplies Swap: 3-5 p.m., Do you have school supplies that were never used or were only gently used? Are you in need of school supplies? Stop by the Community Room to leave some, take some, or do both!

8/10/2026: John Philip Holland Documentary Screening and Discussion: 5:30-6:45 p.m., Join us for a screening of a documentary about John Philip Holland, who developed the first submarines for the US and Royal Navies and contributed to the early days of EB, followed by a discussion afterwards.

8/10/2026: Usual Suspects Mystery Book Club: 7-8 p.m. Virtual discussion led by local author Faye Ringel. Registration required.

8/12/2026: Adult Cooking Class With Food For Your Soul: 5:30-6:30 p.m., Join us for a fun cooking program! You'll get to try out a healthy twist on an old favorite: zucchini pancakes! Registration required.

8/13/2026: Final Day of Adult Summer Reading: 9:30 a.m.-7 p.m., This is the final day to turn in your Bookopoly boards to earn your summer reading raffle tickets for prize drawing! Registration required.

8/14/2026: Summer Reading Closeout Event: 1-3 p.m. Celebrate the end of summer reading with crafts, ice cream, food, and music!

8/14/2026: All-Ages Drumming Circle: 3-4 p.m., Join Kenny "Doc" Frazier for a hands-on drumming circle program to celebrate the close of Summer Reading 2026! Participants are encouraged to bring their own drums, though there will be a limited amount available; Registration required.

8/17/2026: Community Dialogue: Science Across America: 3:30-5 p.m., Join us for a Community Dialogue session to discuss what kinds of STEAM programs you would like to see in the library!

8/18/2026: Nintendo Meetup for Adults: 4-5 p.m., 63 Huntington St., Adult gamers, are you looking to fill up your Pokedexes, get some Streetpass, or meet your Animal Crossing goals? Bring your Nintendo Switches, 3DSs, or, yes, even Gameboys to the Board Room to game with your fellow adults and meet your gaming goals!

8/20/2026: Back-to-College Lanyards: 4-5 p.m., Make a cute lanyard for your backpack or to help you keep an eye on your dorm keys/fob.

8/24/2026: Plamo Day: 4-5 p.m. Did you get a new model kit at a summer convention? Have kits piling up? Stop by for some communal build time!

8/25/2026: DIY Bee Hotels: 4-5 p.m., Learn how to make your own simple bee hotels out of items you probably have in your house! Registration required.

8/26/2026: Classics Book Club: 4-5 p.m., Monte Cristo Cottage, 326 Pequot Ave, New London; This month, the Classics Book Club will be discussing Long Day's Journey Into Night by Eugene O'Neill; Registration required.

8/27/2026: End of Summer Concert: 5-6:30 p.m., Join local guitarist (and staff member) John for an acoustic concert to say goodbye to summer 2026!

YOUR AD HERE!

CALL 860-918-1198
TO RESERVE YOUR
SPACE TODAY!

Florence Griswold Museum Upcoming Events

The Florence Griswold Museum, located at 96 Lyme Street, Old Lyme, has announced the following events. For more information and to register for classes visit <https://flogris.org> or call 860-434-5542.

Creative Writing Walks at Florence Griswold Museum

with Carlin Steere, Essayist, Editor, and Educator, University of South Florida

\$45 (Members 10% discount)

Join Steere for a guided multi-sensorial exploration of the grounds of the Florence Griswold Museum from Lyme Street to the Lieutenant River.

Participants will respond in a notebook provided to prompts probing them to think deeper about their sensorial experience on the grounds. Over the course of the walk, participants will engage in several writing “starts” for a longer piece to be continued after the event.

Steere will coordinate the submission of a final work to be gathered into a class anthology.

Art•Bar Happy Hour: Plein-Air Painting on the Lieutenant #1

August 6 @ 5:30 p.m. - 7:30 p.m.

with Julie Riggs, Manager of Youth Education and Outreach

\$40 (Members 10% discount)

The Museum's Art•Bar combines creativity with light fare and libations. Join Julie for an evening of creative riverside merriment. Participants will paint “en plein air” down by the river in the manner of the original Lyme Art Colony artists. All materials included.

Art•Bar Happy Hour: Plein-Air Painting on the Lieutenant #2

August 13 @ 5:30 p.m. - 7:30 p.m.

with Julie Riggs, Manager of Youth Education and Outreach

\$40 (Members 10% discount)

The Museum's Art•Bar combines creativity with light fare and libations. Join Julie for an evening of creative riverside merriment. Participants will paint “en plein air” down by the river in the manner of the original Lyme Art Colony artists. All materials included.

Making a Robin in Spring Miniature Scene

with Beth Freeman-Kane, M.A.A., Award-Winning Miniaturist and International Guild of Miniature Artisans Fellow

\$195 (Members 10% discount); limited enrollment

The American Robin (a member of the Thrush family) is the state bird of Connecticut and fondly welcomed by all as the “Herald of Spring.” Even though it is present all year round, its renewed activity foraging in open areas as the ground thaws makes it more visible.

For this class the casting of the bird will be provided, no sculpting skills required. Acrylic painting techniques will be taught to bring it to life, while learning the importance of layering and fine brush work to create the sense of roundness and softness on the robin. You will also learn some basic flower making as we create daffodils from paper and wire. Landscaping materials will be provided and techniques taught to complete the small scene. All skill levels welcome.

Please bring fine tweezers, fine scissors, and a ball tool for shaping flowers. Students should bring magnifiers and a work light as needed. All other tools and materials provided.

Miniature Making Workshop #2

August 15 @ 9:00 a.m. - 5:00 p.m.

Painting a Miniature Matilda Browne Peonies

with Christine McIntyre-Hannon, Artist, Educator, and International Guild of Miniature Artisans Fellow

\$195 (Members 10% discount); limited enrollment

Matilda Browne's Peonies (1907) in the Florence Griswold Museum collection is a wonderful example of American Impressionism. Painted en plein air, the original captures sunlight and garden

beauty with textured brushstrokes. It is believed that the scene was of Katharine Ludington's garden in Old Lyme, down the street from Florence Griswold's boarding house.

This class will focus on acrylic painting in an Impressionist style. Students will learn image transfer, four-value underpainting, and miniature brushwork to capture the likeness of a masterwork while editing details for success as a miniature. The finished painting is 1.75” x 2.25” and a simple gold frame is provided. All skill levels are welcome. Experience in color mixing and paintbrush handling are helpful.

Students should bring magnifiers and a work light as needed. All tools and materials provided.

Art Film At The Kate: The Artist's Garden: American Impressionism

August 15 @ 1:00 p.m. - 3:00 p.m.

Frames in Film: Presented by The Kate & Florence Griswold Museum

\$17 (Members \$15); ticket price includes box office fee. Visit katharinehepburntheater.org or call 860.510.0453

Florence Griswold Museum Members call 860.434.5542 x111 for discount code

Encore Presentation of this sold out hit film!

Taking its lead from French artists like Renoir and Monet, the American Impressionist movement followed its own path which over a forty-year period reveals as much about America as a nation as it does about its art as a creative powerhouse. It's a story closely tied to a love of gardens and a desire to preserve nature in a rapidly urbanizing nation. Traveling to studios, gardens and iconic locations throughout the United States, UK, and France, this mesmerizing film is a feast for the eyes.

In 1886, the French art dealer Paul Durand-Ruel brought a selection of his huge stock of impressionist paintings to New York, changing the course of art in America forever. American artists flocked to the French village of Giverny, home to the master impressionist Claude Monet, and cheered the French new wave: painting outdoors with a newfound brilliance and vitality. As Europe recoiled against the work of Monet, Degas and Renoir, Americans embraced it and created their own style of impressionism. As America made its epic move from a nation of farmers to a land of factories, the pioneering American Impressionists crafted a sumptuous visual language that told the story of an era.

The Artist's Garden: American Impressionism features the sell-out exhibition The Artist's Garden: American Impressionism and the Garden Movement, 1887–1920 that began at the Pennsylvania Academy of the Fine Arts and ended at the Florence Griswold Museum, Old Lyme, Connecticut.

Runtime: 90 minutes

Mindfulness Event: Forest Bathing Along the Artists' Trail

August 22 @ 10:30 a.m. - 12:30 p.m.

with Regan Stacey, Certified Forest Bathing Guide

\$45 (Members 10% discount)

Awaken your senses through a guided Forest Bathing experience along the Museum's Artists' Trail.

Forest Bathing is a celebrated form of mind and body connection with the natural world. Slow paced walking is punctuated with guided invitations to utilize all five senses in experiencing the surrounding environment. The practice has positive effects on mental and physical wellbeing, engaging with the world around you to promote a more mindful way of living.

Rain or shine (dress accordingly).

Adult Ceramics Workshop: Making a Mosaic Tile

August 22 @ 1:00 p.m. - 3:00 p.m.

with Paul Halferty, Master Potter and Co-Owner of Lily Work Tile, Old Lyme

\$275 (Members 10% discount); limited enrollment

Explore your creative side by making a 12" x 12" mosaic wall tile from start to finish. Use a prepared pattern or come up with your own design. Guided by local artisan Paul Halferty, participants will work with earthenware clay and design, cut, glaze, reassemble, and grout a unique mosaic wall tile. All three workshop sessions will be held in the Hartman Education Center at the Florence Griswold Museum.

Throughout the three-session workshop, Paul provides personalized support to help students feel confident as they create a one-of-a-kind mosaic piece perfect for display. Paul guides students step by step through the entire mosaic-making process. This workshop is a great way to get started working confidently with clay, learn new techniques, and tap into your creative potential in a relaxed, fun, and friendly environment.

Paul Halferty earned an BFA in ceramics from Tyler School of Art and Architecture in Philadelphia before working for the famed Moravian Pottery and Tile Works in Doylestown, PA. There he spent a decade honing his craft as mold-maker, ceramist, and teacher. Paul is a kindred spirit to the skilled American nineteenth-century Arts and Crafts Era craftsmen. According to Paul, "They believed passionately in honest craftsmanship, and the importance of creating beautiful, well-made objects that can be used in everyday life." Paul and his wife Esther own Lily Tile Studio in Old Lyme, CT and produce artisan tile compositions for private homes and corporate installations.

Gallery Tour: Patchwork: Connecticut Artists Consider 250

August 23 @ 1:00 p.m. - 2:00 p.m.

with Maria Varga, Museum Docent

Included with Museum Admission, no advance reservations required.

Join Museum Docent Maria Varga for a guided tour of the current exhibition Patchwork: Connecticut Artists Consider 250.

The exhibition showcases work that addresses themes of American identity and history over the country's past 250 years.

Patchwork: Connecticut Artists Consider 250 is on view at the Florence Griswold Museum June 27–November 8, 2026.

Lecture & Demonstration: Women & Their Wardrobes During New England's Revolution

August 30 @ 2:00 p.m. - 3:00 p.m.

The Web They Wove: Women & Their Wardrobes During New England's Revolution

with the Dirty Blue Shirts, Historians, Scholars, and Artists

\$15 (Members 10% discount)

Underpinning the sensationalism of battle reports and broadsides regarding the Revolution is the often-silent steadiness of women's work with textiles. The choices they made every day about fashion, fabric consumption, and creation drove the course of war just as determinedly as any congress. As southern New England commemorates the 250th anniversary (semi quincentennial) of the War for Independence, it is these local lives dressed fully in wool or spun silk that continue to inspire creativity, resilience, and empathy in us today. From the mythology of homespun to legends of midnight rides in red cloaks and calashes, the Dirty Blue Shirts share stories of women who waged war on multiple fronts as well as a look at what they wore as their worlds turned upside down.

This program is presented by costumed historians and includes reproduction clothing pieces & fabric samples as well as a Power-Point presentation with images of extant originals.

Please send news and events to:
communitynews@postroadreview.com

Naked Canvas Body Painting Competition

A night where fantasy, art, music, and performance collide!

1st Prize \$1000

Music by DJ E@ZY

Aerialists: Dani, Bobbi Lee & Jessa uKela Noré

Guest Hosts: Cool Ray & Mike Mitch

Vendors • Outdoor Bar • Live Entertainment

Hygienic Art Park 79 Bank Street, New London, CT 06320

August 22, 2026

Gates Open: 7 p.m.

Competition: 8 p.m.–11 p.m.

Experience an unforgettable night of creativity, cosplay, body art, music, and community under the lights. Come support incredible artists and models as they transform the human body into living masterpieces.

2026 Groton Farmers' Market Summer/Fall Season

The 2026 Farmers' Market regular season started on June 9th and ends October 27th, held each Tuesday from 3-6 p.m. at the corner of Mitchell and Meridian Streets in Washington Park. All vendors must be set up and ready to sell by 2:30 p.m.

Mission Statement

The mission of the City of Groton Farmers' Market is to provide a venue in our neighborhood park of The City of Groton for local farmers and artisans to sell their produce and products directly to the diverse and integrated community in southeastern Connecticut. Our aim is to make accessible, affordable, healthy, locally produced food available to our community in Groton.

The City of Groton Farmer's Market is primarily an agricultural market but also provides a variety of local baked goods, seafood/fish, meats, poultry/eggs. Grown products sold at the market must be grown in Connecticut Foods and food products must be identified as organic, or not, and include place of origin. All meats, poultry and seafood will come from local sources.

The City of Groton Farmers' Market hold two separate seasons - our flagship Farmers' Market season held weekly during the summer and early fall, and five Pop-up Farmers' Markets held once a month during the late fall/ winter months.



To Advertise:

Contact Jason at 860-918-1198
or email sales@postroadreview.com

La Grua Center Upcoming Events

The La Grua Center located at 32 Water St., Stonington, has announced the following events. For more information call (860) 535-2300 or visit <https://lagruacenter.org>.

Adult Flower Press Art Workshop: Queen Anne's Lace with Marguerite Alpert

August 12, 2026

6:00 p.m.-7:00 p.m.

Discover the delicate beauty of Queen Anne's Lace in this hands-on pressed botanical art workshop. Guided by botanical artist Marguerite Alpert, you will use pressed and dried botanical materials that she has pressed and collected to create your own original pressed flower composition to take home. Marguerite will share historical lore, its importance for pollinators, scientific insights, techniques, and some surprising facts about this elegant wildflower.

Perfect for beginners and nature lovers alike, this workshop offers a relaxing and inspiring opportunity to transform this well-loved flower into a work of art. \$35pp.

Good Stories Well Told: Westerly Museum of American Impressionism, with Catherine Shotick

August 13, 2026

6:00 p.m.

Catherine Shotick, director of the Westerly Museum of American Impressionism, will tell the story of how the museum came to be, discuss highlights from the collection, and share plans for the years ahead.

Catherine is the inaugural director of the Westerly Museum of American Impressionism. Joining the museum in May 2023, and working alongside the museum's founders, she has helped guide the museum from its early planning stages to its highly anticipated opening in October 2025. She has a master's degree in art history, with a specialization in American Art, from the University of Massachusetts, Amherst. Prior to this role, Catherine worked as a museum curator for 15 years, first in Oklahoma City and then Chicago.

Come learn more about this hidden gem just across the border in nearby Westerly, RI! Suggested donation \$5.

Concerts on the Green: Sing and Play with Bergin & Sarah

Sponsored by: Stonington Village Improvement Association (SVIA)

August 21, 2026

6:00 p.m.

All are welcome; this program is offered to the community at no charge.

La Grua Center Commons Green

32 Water Street Stonington, CT 06378

Bring a blanket and join us for a joyful, interactive family concert on the lawn at La Grua Center!

Led by beloved Stonington singer-songwriter Bergin O'Malley, Sing & Play Together has become the soundtrack to childhoods across the shoreline. With two albums released and a third on the way, Bergin-along with musical partner Sarah Bruno shares original songs alongside timeless children's classics in a lively, heartwarming performance designed for young children and their families.

These concerts are more than just music—they're an invitation to sing, move, imagine, and connect. With themes inspired by colors, animals, friendship, and the simple magic of everyday life, children, and grown ups alike, are encouraged to participate through song and play in a warm, welcoming environment filled with joy.

This concert is FREE.

Please read the information below to understand what policies will be in place for the concert.

Cancellations: If it looks like inclement weather on the day of the concert, we will make the call by noon and update our website event page accordingly.

Parking: The North Lot at Stonington Commons at 32 Water Street will be available until it is full. Parking in Stonington Borough in the summer can be a challenge. Residents of Stonington Borough are encouraged to walk. Additional tips can be found [here](#).

Seating: We will open for seating at 5 p.m. Please bring your own lawn chairs or blankets, as none will be provided.

Dogs are not allowed on the Stonington Commons Green.

Food and Drink: Please feel free to bring your own food, but not your own liquor. Trash cans will be available on the perimeter of the green for your use.

Restrooms: Restrooms are available inside La Grua Center.

Running Time: Each concert will last approximately one hour, with no intermission.

Major support for the Concerts on the Green is provided by the Stonington Village Improvement Association (SVIA).

Historic Stonington at La Grua Center: The USA at 250 with Adi Ignatius and David Ignatius

August 26, 2026

6:00 pm

Join Adi Ignatius and David Ignatius in a special conversation bringing together decades of experience covering world affairs, politics, business and global leadership, offering an engaging dialogue informed by extraordinary access to the people and events that have shaped our times.

This event is hosted by Historic Stonington. Click [here](#) for more details.

Music Matters: Anita & Julian Graef

August 29, 2026

5:00 p.m.

This program spans three centuries of music written and arranged for string duo, tracing the remarkable depth and range of two voices in conversation. Siblings Anita and Julian Graef bring their shared virtuosity and distinct voices to works by Beethoven, J.S. Bach, Maurice Ravel, Caroline Shaw, and more!

Tickets \$25 online only. Click [here](#) to purchase. There may be a limited number of tickets available at the door the day of the concert. Doors open at 4:30 p.m. Please note, all seating is unreserved.

TVCCA Receives Grant from United Way of Southeastern Connecticut

GALES FERRY –Thames Valley Council for Community Action received \$89,983 in Partner Program Funding from United Way of Southeastern Connecticut for its Little Learners Early Education programs for the 2026/27 fiscal year. TVCCA was also awarded \$4,722 in designated donations and \$10,000 in unrestricted funds for programming that supports individuals and families in need in New London County.

Partner program funding will support Little Learners' programs in TVCCA's Groton, New London and Taftville facilities as well as its on-site program at the Griswold Elementary school. "With these four strategically located childcare programs, Little Learners is able to serve families close to either their home or their place of employment," notes Debbi Poirier, Director of Little learners.

Little Learners provides full-day, year-round care for children ages six weeks until they enter kindergarten; Ms. Poirier explained that "this ensures continuity of care during the most critical early years of development." The majority of families with children in the program face significant economic challenges; the program also supports children with special needs and works to coordinate ancillary supports. "The United Way's support ensures that our team can work with not only the child but the family as well so that everyone shares in the child's success."

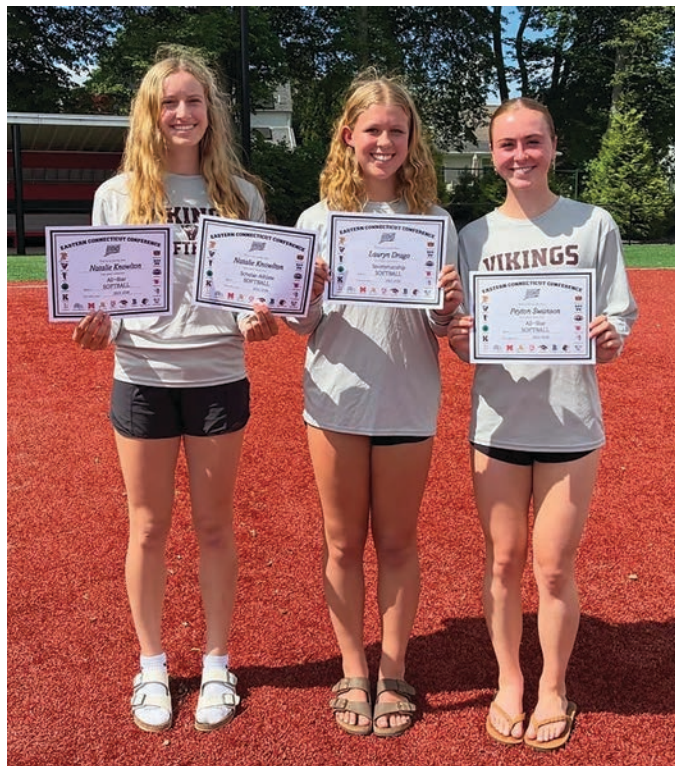
For more information on TVCCA's Early Childhood Education programs, visit tvcca.org.



All-American Runners.... For the second year in a row, East Lyme High School's 4xMile Relay team are All-Americans after finishing 6th in the country at New Balance Outdoor Track & Field Nationals in Philadelphia. Nico Cardello led off the race and was followed by Jack Faitsch and Joey Papalia before Sam Leone finished the job as the team placed 6th, securing their All-American status on an extremely hot and windy evening at University of Pennsylvania's famed Franklin Field. Faitsch and Leone will be departing the program following their graduation and both will continue to compete in college. Faitsch is joining the running teams at Colgate University and Leone will join the running team at the University of Massachusetts Amherst.



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Terrific Trio... Three East Lyme High School softball players were named All-Eastern Connecticut Conference (ECC) following the spring season. Natalie Knowlton was named All-ECC first team and awarded as a Scholar Athlete, Lauryn Drago earned the ECC Sportsmanship Award, and Peyton Swanson was named All-ECC first-team. The three powered the way as Vikings softball advanced to the state quarterfinals in 2026.



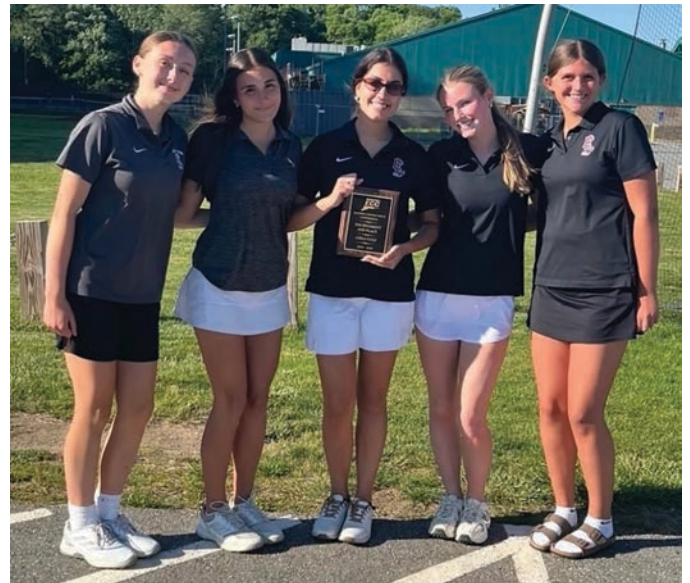
Vikings Crowned All-Conference.... Six East Lyme High School girls lacrosse players were honored All-Eastern Connecticut Conference (ECC). Callan Keefe (attack), Taylor Kachinsky (attack), Cassidy O'Brien (midfield), and Ani Mazzulli (defense) were named All-ECC first-team. Morgan Romanowicz (midfield) and Viola Brush (midfield) were named All-ECC honorable mention. Kachinsky also received the ECC Scholar-Athlete Award and Mazzulli received the ECC Sportsmanship Award.



Undefeated Champs.... East Lyme High School boys tennis went undefeated (14-0) and won an Eastern Connecticut Conference (ECC) championship for the second straight season.



Golf Grouping.... The boys golf team at East Lyme High School placed fourth overall at the Eastern Connecticut Conference (ECC) championships. Caleb Trost led the team by finishing ninth overall, while Karch Kaczor, Ethan Legg, Syum Khanna, and Xavier Stefanski also competed.



Spring's Silver.... East Lyme High School girls golf placed as the runner-up at the Eastern Connecticut Conference (ECC) championships this spring. The Vikings shot a 193, placing only one stroke behind the champions from Woodstock Academy. Avery Cordes shot a team-best 47 to tie for eighth place overall, while Savannah Marusov and Alaina Sartori each posted a 48 to tie for 11th. Sadie Eident and Abby Drago also competed at the conference finals.

**Do you have sports news or
events you'd like published in
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Niantic Aug. Tide Chart Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	12:31	2.9	1:08	2.8	7:03	0.2	7:24	0.5	5:44	8:05	
2	Sun	1:09	2.8	1:49	2.9	7:42	0.2	8:15	0.5	5:45	8:04	
3	Mon	1:49	2.7	2:30	3.0	8:24	0.3	9:09	0.4	5:46	8:03	
4	Tue	2:33	2.6	3:12	3.0	9:09	0.4	10:05	0.4	5:47	8:02	
5	Wed	3:21	2.4	4:00	3.1	9:57	0.4	11:04	0.4	5:48	8:01	
6	Thu	4:17	2.3	4:58	3.1	10:50	0.5			5:49	8:00	
7	Fri	5:24	2.3	6:06	3.2	12:04	0.3	11:50 AM	0.5	5:50	7:58	
8	Sat	6:33	2.3	7:09	3.3	1:05	0.3	12:54	0.5	5:51	7:57	
9	Sun	7:34	2.4	8:07	3.4	2:03	0.2	1:57	0.4	5:52	7:56	
10	Mon	8:30	2.5	9:02	3.5	3:00	0.1	2:58	0.3	5:53	7:55	
11	Tue	9:24	2.7	9:54	3.5	3:54	0.0	3:57	0.2	5:54	7:53	
12	Wed	10:17	2.9	10:44	3.4	4:43	-0.1	4:52	0.1	5:55	7:52	
13	Thu	11:08	3.0	11:32	3.3	5:30	-0.1	5:44	0.1	5:56	7:50	
14	Fri	11:59	3.1			6:15	-0.1	6:36	0.1	5:57	7:49	
15	Sat	12:20	3.1	12:49	3.2	7:00	0.0	7:29	0.2	5:58	7:48	
16	Sun	1:10	2.9	1:40	3.2	7:46	0.2	8:25	0.3	5:59	7:46	
17	Mon	2:01	2.6	2:31	3.1	8:34	0.4	9:22	0.4	6:00	7:45	
18	Tue	2:54	2.4	3:22	3.1	9:23	0.5	10:19	0.5	6:01	7:43	
19	Wed	3:48	2.2	4:16	2.9	10:15	0.7	11:17	0.6	6:02	7:42	
20	Thu	4:47	2.1	5:16	2.8	11:10	0.8			6:03	7:40	
21	Fri	5:52	2.1	6:18	2.8	12:14	0.6	12:08	0.9	6:04	7:39	
22	Sat	6:53	2.1	7:16	2.8	1:09	0.6	1:05	0.8	6:05	7:37	
23	Sun	7:44	2.2	8:06	2.9	1:59	0.6	1:57	0.8	6:06	7:36	
24	Mon	8:30	2.4	8:50	2.9	2:45	0.6	2:45	0.7	6:07	7:34	
25	Tue	9:14	2.5	9:32	3.0	3:26	0.5	3:30	0.6	6:08	7:33	
26	Wed	9:56	2.6	10:11	3.0	4:05	0.4	4:12	0.5	6:09	7:31	
27	Thu	10:36	2.8	10:47	3.0	4:41	0.3	4:52	0.4	6:10	7:30	
28	Fri	11:14	2.9	11:23	3.0	5:15	0.2	5:33	0.3	6:11	7:28	
29	Sat	11:51	3.0	11:59	2.9	5:50	0.2	6:15	0.3	6:12	7:26	
30	Sun			12:28	3.1	6:26	0.2	7:01	0.3	6:13	7:25	
31	Mon	12:37	2.8	1:07	3.2	7:05	0.3	7:52	0.3	6:14	7:23	

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Brian's Healing Hearts Center for Healing and Hope Upcoming Support Groups & Events

Brian's Healing Hearts Center for Healing and Hope, located at 461 Main Street, Niantic, has announced the following schedule.

Pre-registration at least 24 hours in advance is required for all support groups. For group descriptions visit: BriansHealingHearts.org/resources/grief-support-programs/

For more information visit BriansHealingHearts.org, call (860) 451-8354 or email Chelsea@BriansHealingHearts.org.

Regular Support Groups

Bereaved Parents, Grandparents, or Siblings Support Group

Tuesday PM 8/11 & 8/25 (Main House)

Friends & Family Support Group

Wednesday PM 8/5 & 8/19 (Virtual)

Loss of a Spouse or Partner Support Group

AM GROUP: Wednesday 8/12 & 8/26 (Cottage)

PM GROUP: Wednesday 8/5 & 8/19 (Main House)

Hope and Healing after Loss Seniors Support Group

Monday AM 8/26 (Groton Senior Center)

Loss of Spouse or Partner to Suicide Support Group

Wednesday PM 8/12 (Main House)

Loss to Substance Use Support Group

Monday PM 8/24 (Cottage)

Men's Grief Support Group

Tuesday PM 8/25 (Cottage)

Pregnancy & Infant Loss Support Group

Thursday PM 8/20 (Cottage)

Survivors of Suicide Loss Support Group

Thursday PM 8/6 & 8/20 (Main House)

Young Adult Grief Support Group (for ages 25-40)

Monday PM 8/10 (Main House)

****NEW**** Walking Grief Group

Monday AM 8/17 & Thursday PM 8/6 (Meet in the BHH parking lot)

The Brian Dagle Foundation — anchored in hope and empowered to support, is dedicated to the healing of grieving adults as well as community education on mental health, suicide awareness, and the grieving process.

Our support groups offer a safe space to share your grief and to

F-Stops Here Juried Photography Exhibit

All photographers are cordially invited to submit up to three works in color or black & white for consideration in this year's juried photography exhibition at the Hygienic Art Gallery.

Meet Our Juror: Todd Gipstein

Award-winning photographer, writer, producer, and lecturer Todd Gipstein brings more than 50 years of experience in visual storytelling. A Harvard graduate, Todd spent decades with National Geographic, traveling the world creating acclaimed productions on culture, history, nature, and photography. His work has earned more than 40 Gold Awards, numerous international honors, and a place in the Association for Multi-Media International Producers Hall of Fame. He also collaborated with Vice President Al Gore on the media presentation that evolved into the Academy Award-winning documentary *An Inconvenient Truth*. We're honored to have Todd serve as this year's juror.

All artists participating can submit their work in person at the Hygienic Art Gallery on August 20th & August 21st from Noon to 7 p.m.

Entry Fee: \$15 one piece, \$25 two pieces, \$30 three pieces.

Opening Reception: Saturday, August 29th 6 p.m. – 9 p.m.

Exhibition is on display until Saturday, September 26th

Sponsored by ABC Photo Mystic CT

understand you are not alone. Most groups are facilitated by others who are further along on the journey of hope and healing after loss.

August 2026 Special Events

No special events in August

September 2026 Special Events

Email Chelsea@BriansHealingHearts.org to register unless otherwise noted

Acrylic Pour with Lisa Pettit

Thursday 9/10, 5:00-7:00 p.m.

Come explore acrylic pour art with Lisa Pettit. Each attendee will select their own colors and create three canvases to take home with them. No art experience is required to participate. Cost: \$45

Community QPR - Suicide Prevention Training

Monday 9/21, 5:00-6:30 p.m.

Question, Persuade, and Refer — the 3 simple steps anyone can learn to help save a life from suicide. Just as people trained in CPR and the Heimlich Maneuver help save thousands of lives each year, people trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help. Each year thousands of Americans, like you, are saying "Yes" to saving the life of a friend, colleague, sibling, or neighbor. Maximum of 20 attendees.

Sound Bath with Jess Higham

Wednesday 9/23, 6:30-7:45 p.m.

Join Jess for a sound bath featuring quartz crystal singing bowls, deep-resonating gongs and drums, and delicate chimes and rattles. During a session, you will relax fully as acoustic waves wash over you. Because the analytical mind cannot track these ambient sounds, your brainwaves naturally slow into deeply relaxed alpha and theta states. Participants can expect to experience deep mental rest, physical release, vivid internal imagery, and gentle emotional clearing. There is no cost to attend this event.

Niantic Jingle 5K 12/12

Registration and sponsorship information at BriansHealingHearts.org/NianticJingle5k

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Call 860-430-5594 or email: communitynews@postroadreview.com

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