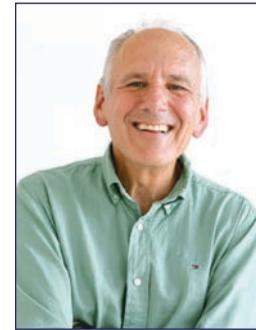


*Chamber Update from the
 President's Desk*



Dear Friends and Neighbors,

From Misquamicut to Niantic, our shoreline communities share something special. We share the same waters, the same visitors, the same small-business spirit — and the same belief that when one town thrives, we all thrive.

At the Greater Mystic Chamber of Commerce, our name may say "Mystic," but our reach and our heart extend well beyond the drawbridge. We proudly serve and collaborate with businesses, organizations, and residents throughout southeastern Connecticut and nearby Rhode Island. Our region is interconnected — economically, culturally, and seasonally — and we embrace that fully.

Each year, our events bring together thousands from across this shoreline corridor. The Mystic Outdoor Art Festival welcomes tens of thousands of visitors who don't just stay in Mystic — they dine in Westerly, book rooms in Stonington and Groton, explore Niantic, and spend their weekends discovering everything our coastal communities offer. Traditions like Santa Arrives by Tugboat, the Lighted Boat Parade, Floatswella, the Tarzan Brown Run, the Groton City Brew Run, and our Spring and Holiday Strolls draw participation from residents and businesses across town lines.

Visitors don't see borders. They see a region. Through initiatives like 5 Things to Do in Mystic, Community Proud, and Community Conversations, we highlight the people and businesses who define this entire shoreline. Our social platforms reach

Continued on page 2



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Executive Office

14 Holmes Street, Mystic, CT 06355

Mailing Address: PO Box 143, Mystic, CT 06355

Phone: (860) 572-9578

www.mysticchamber.org

info@mysticchamber.org

Chamber Staff

Bruce Flax- President

Megan Yardis- Membership Manager

Isiah Allgood- Event Coordinator

Kaylee Wright- Social Media

Deb McGugan- Bookkeeper

2026 Board of Directors

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Lydia Shell, Aquarium

Matt Beaudoin, Mystic Knotworks

Melinda Burrige, Chelsea Groton Bank

Ricky Au, Pink Basil, Bleu Ginger, Spice Club



Continued from page 1

hundreds of thousands of viewers each month, with strong engagement from both Connecticut and Rhode Island audiences. The Go Mystic App — downloaded more than 17,000 times — serves as a regional guide, helping visitors navigate experiences from beaches to boutiques, restaurants to riverfront events.

Our Traveling Visitor Center extends that reach even further, promoting the Mystic region throughout New England and directing travelers to explore the broader shoreline — including Westerly and surrounding communities. We believe regional collaboration strengthens everyone.

Beyond promotion, we remain committed to community impact. Through scholarships, internships, volunteer initiatives, and partnerships with local nonprofits and schools, we invest in the next generation across our shared towns. We support over 700 member businesses, many of whom operate throughout this Connecticut-Rhode Island coastal corridor.

The Chamber is not just about one zip code. It is about economic vitality, community pride, and connection — from Misquamicut to Niantic.

As we look ahead to 2026, we invite businesses and residents throughout the region to continue working together. Whether through sponsorship, participation, membership, or simple engagement, your involvement strengthens our collective shoreline economy.

Our coastal towns are strongest when we view ourselves not as separate destinations, but as one vibrant, welcoming region.

Together, we can continue building something extraordinary.

With appreciation,
Bruce Flax
President
Greater Mystic Chamber of Commerce



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SAVE THE DATE

THE GREATER MYSTIC CHAMBER OF COMMERCE ANNOUNCES UPCOMING EVENTS.

FREE & OPEN TO ALL! BRING YOUR FRIENDS & FAMILY

EXPRESSIONS OF FREEDOM: VOICES UNBOUND IN ART & IDENTITY

TOAM AT THE MYSTIC FLAGPOLE

A Black History Month Celebration

SATURDAY, FEB. 28

ROUTE 1 & HOLMES ST

MARCH - FOOD & TREATS - LIVE PERFORMANCES - POETS - SPEAKERS

GREATER MYSTIC CHAMBER OF COMMERCE

BOOKER EMPOWERMENT EST 2007

HOSTED BY: KEVIN BOOKER JR., INONDA C. PETERSON AND DEION KELLY

SPEAKERS INCLUDE: KAITLYN LUBEGA, MOE STEELE, MARVIN EPSY

PERFORMANCES BY: MELANIE SERKOSKY, BLOOMING INTO GREATNESS DANCE GROUP, & LEONARD EPPS

LUNCH PROVIDED BY 809 CAFE FOLLOWING THE SERVICE

TOAM MARCH AT THE ANCHOR IN FRONT OF S&P OYSTER

10:30AM UNION BAPTIST CHURCH

SPONSORED BY

Celebration of Black History Month

February 28, 2026

Union Baptist Church

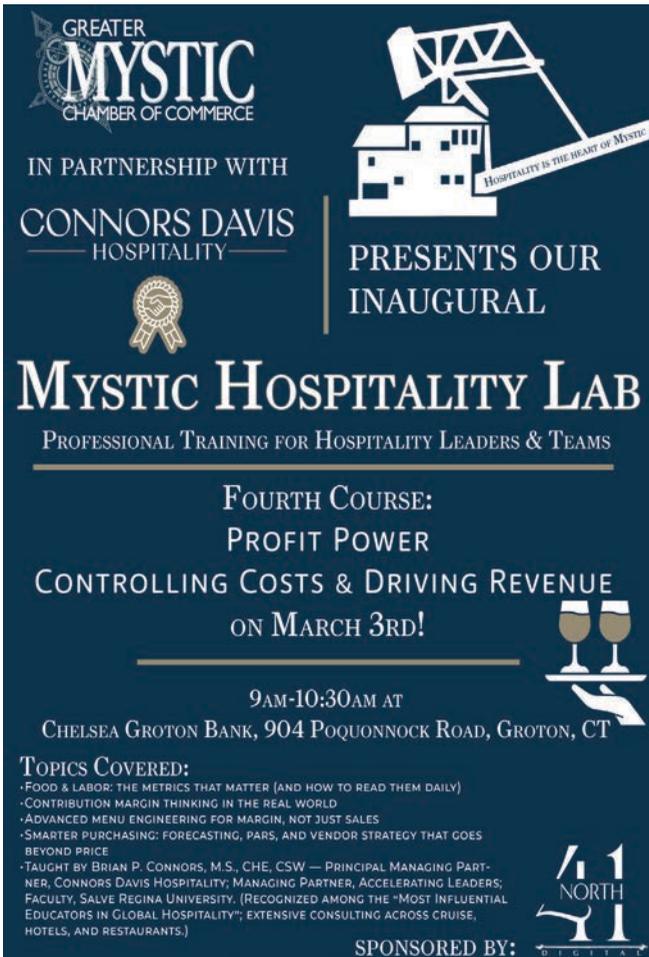
The Greater Mystic Chamber of Commerce, in partnership with the Mystic & Noank Library, Kevin Booker Jr., and Inonda C. Peterson, proudly presents the Fifth Annual Celebration of Black History Month Program. This community event honors the achievements, culture, and enduring contributions of Black leaders, artists, educators, and changemakers. Guests can expect inspiring speakers, meaningful storytelling, and programming designed to educate, uplift, and bring our community together.

To learn more info, visit www.mysticchamber.org/black-history-month



SAVE THE DATE

THE GREATER MYSTIC CHAMBER OF COMMERCE ANNOUNCES UPCOMING EVENTS.



GREATER MYSTIC CHAMBER OF COMMERCE

IN PARTNERSHIP WITH
CONNORS DAVIS HOSPITALITY

PRESENTS OUR INAUGURAL
MYSTIC HOSPITALITY LAB

PROFESSIONAL TRAINING FOR HOSPITALITY LEADERS & TEAMS

**FOURTH COURSE:
PROFIT POWER
CONTROLLING COSTS & DRIVING REVENUE
ON MARCH 3RD!**

9AM-10:30AM AT
CHELSEA GROTON BANK, 904 POQUONNOCK ROAD, GROTON, CT

TOPICS COVERED:

- FOOD & LABOR: THE METRICS THAT MATTER (AND HOW TO READ THEM DAILY)
- CONTRIBUTION MARGIN THINKING IN THE REAL WORLD
- ADVANCED MENU ENGINEERING FOR MARGIN, NOT JUST SALES
- SMARTER PURCHASING: FORECASTING, PARS, AND VENDOR STRATEGY THAT GOES BEYOND PRICE
- TAUGHT BY BRIAN P. CONNORS, M.S., CHE, CSW — PRINCIPAL MANAGING PARTNER, CONNORS DAVIS HOSPITALITY; MANAGING PARTNER, ACCELERATING LEADERS; FACULTY, SALVE REGINA UNIVERSITY. (RECOGNIZED AMONG THE "MOST INFLUENTIAL EDUCATORS IN GLOBAL HOSPITALITY"; EXTENSIVE CONSULTING ACROSS CRUISE, HOTELS, AND RESTAURANTS.)

SPONSORED BY: **41 NORTH DIGITAL**

Mystic Hospitality Lab Profit Power: Controlling Costs & Driving Revenue March 3, 2026 Chelsea Groton Bank 9:00 a.m. - 10:30 a.m.

Join us for the fourth installment of Mystic Hospitality Lab, a lecture style series revolving around hospitality. Profit Power will focus on turning operations into a profit engine, specifically touching on food and labor, metrics that matter, advanced menu engineering, and smarter purchasing. Register to attend at www.mysticchamber.org



CHAMBER OF COMMERCE EASTERN CONNECTICUT

GREATER MYSTIC CHAMBER OF COMMERCE

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JOHN BURT
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JILL RUSK
MAYOR
CITY OF GROTON

March 20 | Friday 2026
7:30 AM

Hilton MYSTIC
The Heart of Mystic

For Tickets go to mysticchamber.org

For Sponsorship Email
bruceflax@mysticchamber.org
or
ddesrochers@chamberect.org

\$30 For Chamber Members
\$40 For Non-Members
Sponsor Table of 8 for \$600

State of Mystic, Stonington and Groton March 20, 2026 Mystic Hilton 7:30 a.m. - 9:00 a.m.

Join representatives for Mystic, Stonington, and Groton to share information about economic development projects, education, and other notable activities, as well as answer guest questions. Register to attend at www.mysticchamber.org/chamber-events



GREATER MYSTIC CHAMBER OF COMMERCE

YOU ARE INVITED TO

EASTER TRUNK HOP

APRIL 4TH

Grab your Easter basket and hop from trunk to trunk, each showcasing a local business and don't forget to snap a picture with the Easter Bunny!

APRIL 4, 2026 | 11 AM - 1 PM

Seaport Marine - 2 Washington St, Mystic, CT 06355

United Way Join us for a free event with a donation of non-perishable item to benefit the United Way of Southeastern Connecticut.

Easter Trunk Hop April 4, 2026 Seaport Marine Parking Lot

Join us for Eastern Trunk Hop on April 4th at Seaport Marine Parking Lot. Local businesses will park and set up their trunks to hand out surprise filled Easter eggs to kids. We'll have the Easter Bunny present for photos in front of our Traveling Visitor Center, plus a few other surprises along the way!

CUPPA DAHLIAS



This season marks a new chapter of growth at Cuppa Dahlias, with the expansion of both the greenhouse and the dahlia patches. When people walk on the paths, there is something truly magical about the experience, surrounded by blooms, bees, and butterflies. Visitors are welcome to schedule an appointment through Instagram to come and visit the patches and ask questions, anything from starting dahlias to growing and caring for their tubers.

Some of my favorite moments are watching people wander the dahlia patches, discovering so many different varieties and kinds of dahlias that it feels like a little scavenger hunt through the garden, full of "look at this one!" moments.

Flowers at Cuppa Dahlias are offered in many ways, sold per stem, made into unique arrangements, or gathered by customers who visit and choose their own to



take home. I also offer local delivery.

I work closely with Pot of Green Florist, where my dahlias have found their way into gorgeous arrangements both locally and as far away as Newport. Each season, I can be found at Barre Coast in Westerly for a pop up dahlia arrangement event. I sell my dahlias to local grocery stores and am happy to create unique arrangements for birthdays, baby showers, or other special celebrations.

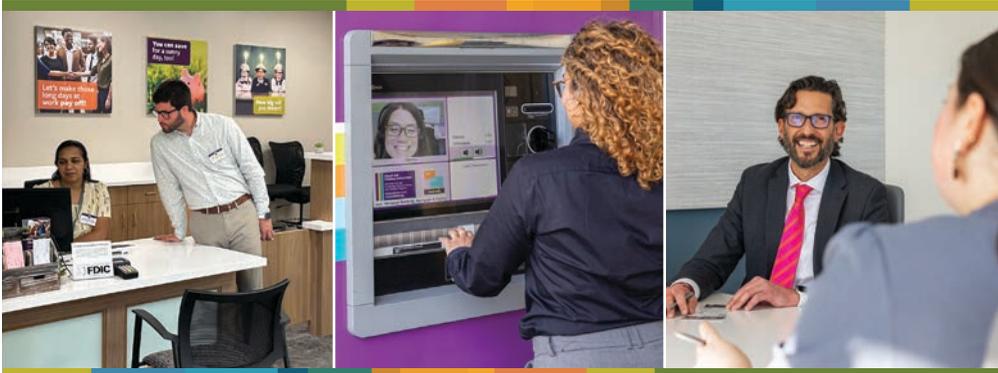
One of my favorite traditions is "waking up the dahlias" on March 1, the moment I bring them out of winter rest and begin the growing season. Starting them early allows me to propagate healthy new plants through cuttings, giving each dahlia a strong beginning before it ever reaches the garden.

This year, those cuttings will be grown in the new greenhouse and offered for sale to the public, so others can grow these same dahlias in their own gardens. I look forward to sharing Cuppa Dahlias with everyone, whether through a visit to the garden, an order placed, or dahlias enjoyed at home.

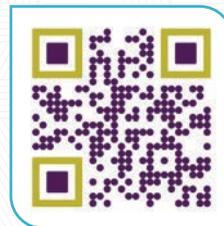
Follow along on Instagram for seasonal updates, openings, and sales, and message me with any dahlia questions. I'm here to help. @Cuppa_Dahlias



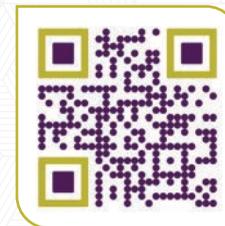
Chelsea Groton



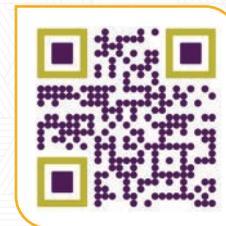
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Ready to move?



LA PLAGÉ MYSTIC

There is something especially magical about Mystic in the winter, and nowhere is that feeling more beautifully captured than at La Plage Mystic. Set along the river and glowing warmly from within, La Plage is both an inviting coastal tavern and an elegant dining room—where crackling fires and crafted cocktails set the tone for an unforgettable evening.

At its heart, La Plage Mystic celebrates the region's coastal heritage through thoughtful, seasonal gastronomy. The menu showcases locally sourced seafood, fresh produce, and sustainable meats, while paying homage to the Portuguese whalers who settled in Mystic in the 1800s and left a lasting imprint on the area's culinary traditions. These influences come together in dishes that feel both comforting and refined, perfect for winter dining by the shore.

This season, La Plage invites guests to embrace winter with a lineup of weekly specials designed for both indulgence and ease. Mondays and Tuesdays feature Local Nights with a two-course prix fixe menu for \$33, with the option to add dessert for \$6. Wednesdays are for Wine Lovers, with 50% off all bottles all day. Thursdays bring Beer & Burger Night, offering a satisfying three-course comfort food dinner for \$39. On Fridays, the kitchen serves its signature Lobster Pot Pie, while Sundays are reserved for a classic Roast Dinner for \$45.

La Plage also elevates the season with special events in partnership with Spencer & Lynn, including a St. Patrick's Day Whiskey Dinner on March 15th and a Kermit Lynch Wine Dinner spotlighting Northern Italy and Piedmont on March 22nd.

Adding to the ambiance, live piano fills the dining room on March 5th and March 19th, creating an intimate backdrop for an already memorable evening. With complimentary valet parking and a warm, fireside setting, La Plage Mystic becomes more than a place to dine—it becomes a winter ritual.

Learn more at laplagemystic.com



La PLAGÉ
MYSTIC

WEEKLY WINTER SPECIALS

2026



LOCAL NIGHTS - MONDAY & TUESDAY
2-Course Prix Fixe Menu \$33
add any dessert for \$6



WINE WEDNESDAYS
50% Off All Bottles
(all day)



BEER & BURGER THURSDAY
\$19



LOBSTER POT PIE FRIDAY
\$39
(limited availability)



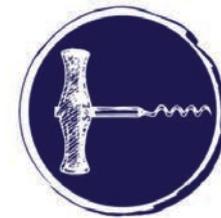
SUNDAY ROAST
3-Course
Comfort Food Dinner
\$45

105 GREENMANVILLE AVE. | MYSTIC, CT 06355 | 860.743.4545 | LAPLAGEMYSTIC.COM

COMPLIMENTARY
VALET

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LA PLAGÉ MYSTIC X SPENCER & LYNN WINTER DINNER SERIES

SUNDAY, MARCH 15TH
ST. PATRICK'S DAY WHISKEY DINNER

Middleton Distillery Whiskey dinner focusing on Redbreast, Middleton whiskies and The Spots (Greenspot, Yellowspot and Redspot)

SUNDAY, MARCH 29TH
WINE DINNER

Kermit Lynch Wine Merchants Northern Italy/Piedmonte Dinner With Tony Lombardozzi

5 Course Dinners \$125 pp
+ (gratuity not included)

RELAX AND UNWIND LIVE PIANO EVENINGS

- MARCH 5TH
- MARCH 19TH

COMPLIMENTARY VALET

105 Greenmanville Ave. | Mystic, CT
860.743.4545 | laplagemystic.com

THE 21ST ANNUAL MYSTIC IRISH PARADE

The 21st Annual Mystic Irish Parade returns on **Sunday, March 22, 2026**, bringing a sea of green, bagpipes, and Irish cheer to the historic streets of Mystic. This 100% volunteer-run event has grown into one of the region's premier cultural celebrations, and this year's lineup of events offers something for everyone.

The season officially kicks off with the **Grand Marshal Dinner** on **Saturday, March 7**, at The Velvet Mill in Stonington. This festive evening features live music from Tony Marshall and DJ JSmith and serves as the primary fundraiser to keep the parade free for the community. Following the dinner, supporters gather on **March 19** at Friar Tuck's Tavern for a reception to honor the 2026 Grand Marshal, **Susette Tibus**.

Fitness enthusiasts can join the **Mystic Irish 5K and Fun Run** on **Saturday, March 21**. Starting at Pearl Street, runners enjoy a scenic

route along the Mystic River, with many participants sporting their best Celtic costumes.

The main event begins **Sunday at 1:00 PM**, with participants mustering at the Mystic Seaport Museum before marching through downtown, across the Bascule Bridge, and ending at the Mystic Museum of Art. The day is packed with over 2,000 marchers, including pipe and drum bands and creative floats.

For all event sign-ups, including the 5K, dinner tickets, and parade participation, visit www.mysticirishparade.org. Be sure to check the website for a full list of pre- and post-parade activities, local hotel specials, and the best spots for Irish fare and pint suggestions at local restaurants and bars. The season concludes on **March 29** at the Harp & Hound with the legendary Trip to Ireland Raffle drawing.



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FLAMING SCOTCH MOCHA!

Are you running out of ways to keep warm as our New England winter is (hopefully) drawing to a close? If you love hot chocolate, coffee, and you're over 21, try a Flaming Scotch Mocha! I created this drink to showcase the signature baking spice and honey flavor of Drambuie, which if you're not familiar with the spirit, is a Scotch-based liqueur that goes all the way back to 1745! It's also the required ingredient in the classic Rusty Nail cocktail, a favorite among celebrity drinkers like Frank Sinatra's Rat Pack. This deliciously warming concoction is as fun to make as it is to drink – just be sure to douse the flaming marshmallows first!



Drambuie Flaming Scotch Mocha

- In a coffee mug, add:
 - 1 tbsp. Cocoa
 - 6 oz. Hot Coffee
- Stir until cocoa is completely dissolved, add:
 - 1 oz. Drambuie Scotch Liqueur
- With a torch lighter, flame:
 - 3 mini-marshmallows on a short wooden skewer (don't use plastic!)
- Extinguish by submerging skewer in drink.

Did You Know?

Drambuie was a gift from Prince Charles Edward Stuart (aka Bonnie Prince Charlie) to the Scottish clans that sheltered him after his failed bid to regain the English crown in the Battle of Culloden? Stop by Spencer & Lynn to pick up a bottle of this prized royal elixir!

To learn how to create other craft cocktails at home, join me at Spencer & Lynn for hands-on mixology classes the second Thursday evening of every month! Register now at <https://spencerandlynn.com/events>.

Chef Anthony Caporale is Mystic's own award-winning beverage author and educator, and the creator of "The Imbible" series of Off-Broadway musicals about the history of cocktails and spirits. anthonycaporale.com



Spencer & Lynn Wine and Spirits
Merchants of Downtown Mystic
 17 W Main St., Mystic, CT
spencerandlynn.com
 860-415-8626
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second Thursday each month!

anthonycaporale@gmail.com
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NEW MEMBERS



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www.bakersdozenct.com
 860-779-7836
 76 Norwich-Westerly Rd,
 North Stonington, CT 06359

Baker's Dozen has been serving delicious coffee and baked goods to the Quiet Corner since 1980. From their 1st bakery in Putnam, to the current 9 full service coffee shop and bakery locations, the Cardinal Family has been dedicated to providing their customers with the best service and fresh coffee and homemade goodies of any coffee shop in the area. Baker's Dozen customers are loyal and we are grateful for all of you.



Breachway Building Co.
www.breachwaybuilding.com
 401-471-4599
 PO Box 2964, Westerly, RI 02891

With 25 years of experience, Breachway Building Co. is Rhode Island and Southeast Connecticut's premier home builders specializing in high-quality home remodels, disaster reconstruction, home additions, and a wide range of home improvement projects. With a team of experienced professionals and a commitment to excellence, we transform homes with precision and care tailored to your needs.

Whether restoring a property after a disaster or enhancing a living space through thoughtful home remodeling, Breachway Building Co. delivers exceptional craftsmanship and customer service every step of the way.



Buon Appetito
www.buonappetitoristorante.com
 860-535-2333
 386 Norwich-Westerly Rd,
 North Stonington, CT 06359

Buon Appetito is a family owned and operated Italian restaurant that serves an eclectic mix of northern Italian dishes in a warm and relaxed environment. We strive for the highest standards in our service, our food and our overall presentation because we believe that dining out is not just about

food, it's about a true dining experience.



Chorus of Westerly
www.chorusofwesterly.org
 (401) 596-8663
 119 High St, Westerly, RI 02891

Since 1959, the Chorus of Westerly has been offering the very highest level of quality and excellence in choral music. In its 67 years, we've shared nearly 800 performances with over 1.8 million people, tackled over 100 major choral works with world-class, professional orchestras and soloists, premiered 14 major American works, and toured nine different countries, performing in such musical landmarks as Westminster Abbey and St. Peter's Basilica.

Join us on Saturday, April 18 at 7:30 pm at the Cathedral of Saints Peter and Paul in Providence, or on Sunday, April 19th at 3pm at the historic George Kent Performance Hall in Westerly for Edward Elgar's The Dream of Gerontius, led by acclaimed guest conductor David Hill, MBE. Tickets are available now at www.chorusofwesterly.org or by calling the Box Office at 401-596-8663.



Cucina Al Pantheon
www.pantheonmystic.com
 860-980-6063
 54 W Main St, Mystic, CT 06355

Cucina Al Pantheon was born from a love of tradition, community, and gathering. We've created a space where Mystic locals feel at home and visitors are welcomed like family—a place as comforting as dining at your nonna's table, yet elevated enough for life's most meaningful celebrations. From casual dinners to anniversaries, our goal is to be part of the stories that bring people together.

Set inside Mystic's historic 1931 granite bank, the Pantheon-inspired columns now frame a new kind of gathering place. Just as the Pantheon in Rome has welcomed people for centuries, we envision this as Mystic's living room—where friends, families, and neighbors share meals, wine, and conversation. Every dish is crafted with intention, blending Italy's finest ingredients

with a curated wine and cocktail program, but most importantly, we aim to create memories that linger long after the last bite.



Flanagan Dental
www.flanagandental.com
 860-397-6606

56 Whitehall Ave Suite 3, Mystic, CT 06355
 Flanagan Dental is an established, expert practice specializing in implants and general dentistry. Known for our precise, trustworthy, and pioneering care, we deliver exceptional results through decades of experience and a dedication to patient well-being.



Elizabeth Gills Interiors
www.elizabethgillinteriors.com
 (646) 705-3134
 750 Lexington Avenue, 12th Floor,
 New York, NY, 10022

Elizabeth Gill Interiors (EGI) is a full-service interior design firm with offices in New York City and Mystic, CT. The mission of EGI is to help clients transform their houses into homes that truly reflect the best elements of who they are. This is achieved

through beautiful custom designs that incorporate Elizabeth's years of experience in styles ranging from traditional to contemporary. Her designs often feature larger classic pieces with layers of one-of-a-kind & contemporary pieces.

Elizabeth has over 13 years of experience in high-end residential interior design between the Washington metropolitan area & New York City. She has a strong work ethic, a gifted eye, and enjoys making her clients happy, as her business is almost exclusively Referrals.

She opened her eponymous firm in 2018 after working as a Senior Designer at an AD 100 firm for multiple UHNWI.

A former competitive ice dancer, Elizabeth attended The George Washington University for both her undergraduate studies in International Business and graduate studies in Interior Architecture & Design. Additionally, Elizabeth holds a Graduate Certificate in Visual Arts from Harvard.



Eleven Shores Digital
www.elevenshoresdigital.com

Eleven Shores Digital was built for local businesses who want their online presence to actually drive revenue, not just look good. We work with small and medium-sized businesses in and around the Westerly and Mystic communities who are busy running their business and need digital marketing that's clear, effective, and manageable.

From websites to digital advertising, we partner with you to understand and support your business goals. We believe your web-

site should be a hard-working part of your business. It should tell your story clearly, make it easy for customers to take the next step, and support real growth. That's why we combine modern website design with smart digital strategy and intentional digital advertising, so everything works together to drive revenue for your business.

Whether you're launching something new, refreshing an outdated website, or looking to generate more consistent leads, we'll work as an extension of your team to support your revenue goals.



Field and Flight

Field & Flight is a freelance drone photography and videography company creating cinematic aerial content to help tell your story. We operate as a flexible extension of your team, offering professional, on-call media support as needed.

Owned and operated by Antonio Federici, Field & Flight brings FAA Part 107-certified expertise, advanced UAS training, and professional-grade production using Adobe Creative Suite and industry-leading hardware. Antonio began his aerial media career documenting hydroelectric facilities across Connecticut for FirstLight Power.

We produce high-quality photo and video content for websites, social media, print, and film including reels and supplemental production assets tailored to your brand and audience.

Field & Flight has worked with a diverse range of clients, including Jean Michael Coronado (award-winning influencer), Fire-site Films (documentary production), Bridge Marketing (social media for Mystic restaurants), the Mystic Chamber of Commerce, Ocean Community Chamber of Commerce, SAERTEX multiCom® LP (New London water utility documentation), wedding and proposal clients, and residential and commercial property developers throughout Connecticut.



Heather Haase LMFT
www.heatherhaaselmft.com
 203-290-2651
 554 Long Hill Road, Suite 1

Groton, CT 06340

As a seasoned therapist in my business and life experiences, I bring a dynamic and compassionate approach to Couples, Family and Individual therapy. I focus on alleviating anxiety & depressive symptoms and finding new relational patterns to support fulfilling connections. Life transitions, relational and communication problems, loneliness, and co-dependence are examples of challenges I can help with. My approach is direct, compassionate and oriented to your goals. I work with people of all identities.

I also offer Discernment Counseling which is a brief therapeutic approach to discover what is the next step in a committed relationship where one person is leaning out and the other is leaning in. The goal is for you to gain clarity and confidence about a direction, based on a deeper understanding of your relationship and its possibilities for the future.

I offer a free 15-minute consultation. In person appointments in Groton, CT or telehealth in CT and RI.



Kaeli Baker Photography
www.kaelibaker.com
 (860) 539-4355
 Based in Southern Rhode Island

Kaeli Baker Photography is all about connection, creating, and capturing memories that feel real and will last a lifetime. Based in little Rhode Island, my primary focus is weddings and family sessions but also the everyday moments in between that deserve to be remembered.

Weddings hold a special place in my heart. I love love, and I truly love capturing it. There is so much love to go around. From the quiet in-between moments to your first look, I focus on everything that makes each love story unique. Family sessions, and family in general, mean everything to me. I was adopted into such a beautiful, loving family, and I'm forever grateful for my parents who shaped me into who I am today. Whether I'm photographing growing families, returning clients, or creating images that will be looked back on for years to come, my heart is always 100% in it.

During the off-peak season, I enjoy collaborating with local businesses as a way to give back and stay creatively inspired. I also offer a variety of other sessions including maternity, newborn, pet portraits, headshots, lifestyle sessions, and more because I believe life isn't confined into one specific category and neither should photography.

My approach is relaxed, natural, and focused on capturing genuine connection. I want your photos to feel like you, not forced or overly posed. Every session is about creating images that feel timeless, personal, and full of heart. I look forward to connecting and working with you!

NEW MEMBERS



Letty's Flowers Florist LLC
www.lettysflowers.shop
 (860) 448-8784
 6 Greenmanville Ave UNIT 3,
 Mystic, CT 06355

My name is Jenny Leticia Alva and I am the owner of Letty's Flowers Florist in Mystic, CT. Letty is an abbreviation of my middle name, Leticia, which is how I preferred to be called. I come to Mystic with 18+ years of experience, both local and international, in the design of floral arrangements with natural, domestic and imported flowers, for all occasions. Clients may come to my studio to either add their personal touches to any arrangement available in the studio such as cards, personalized messages, balloons, candies, teddy bears, etc., or I can personally put one together with flowers and additions of their choice. We also provide online ordering (in advance and same day), onsite order pick up, and delivery service. We can be found on social media platforms and our own website where we include discounts and special promotions.

Welcome to Letty's Flowers Florist, where we deliver joy by the bunch!



Mystic River Inn
www.mysticriverinn.com
 860-365-1120

3 Gravel Street, Mystic, CT 06355

Mystic River Inn, Mystic's newest and most charming getaway. Laid back coastal elegance meets modern amenities. Whether you are seeking a romantic getaway or a rejuvenating escape, Mystic River Inn promises an unforgettable stay. Discover the allure of the Mystic River – where relaxation meets refinement. Nestled among scenic banks, this charming neighborhood captures the essence of coastal New England. Historic homes, quaint boutiques, and waterfront views create an inviting atmosphere, perfect for strolls and quiet moments by the water. Whether exploring the shops and museums or savoring fresh seafood at a local eatery, we offer a blend of timeless beauty and modern comfort that feels vibrant and serene.

Contact us to plan your next stay and discover all that Mystic has to offer. Whether you're looking for a peaceful getaway or a waterfront retreat, our team is here to help.

Amenities:

- On-site parking
- Sitting room
- Flat screen TVs
- Marble bathroom
- Wood floors
- Kohler fixtures
- Featured wall
- River views
- Free Wi-Fi
- Housekeeping services available
- In-room coffee station
- Pull out sofa (in select rooms)
- Pet friendly room available
- ADA room available

We look forward to welcoming you to the Mystic River Inn.

3 Gravel Street | Mystic, CT. | 06355
 860.365.1120 • info@mysticriverinn.com



Mystic Salon + Head Spa
www.mysticsalonandheadspa.com
 (860) 322-7007
 80 Stonington Rd, Mystic, CT 06355

Mystic Salon + Head Spa is Connecticut's first hybrid full-service salon and head spa, where master hair artistry meets the unhurried, restorative luxury of a true head spa experience. Beautiful hair and wellness co-exist seamlessly, with every guest enjoying a mini head spa ritual during their shampoo on our luxury heated, full-body massaging beds- transforming even routine hair services into something far beyond the traditional salon visit.

Every experience is personalized, never rushed, and crafted with intention, because at Mystic Salon + Head Spa, we believe your time is the most important luxury of all.

From the moment you arrive, you are invited to drift beyond the ordinary into a deeply immersive sensory journey. Flowing water, gentle aromatherapy, intentional touch, and elevated hair care rituals work together to restore balance from scalp to strand.

In addition to custom hair services and signature head spa rituals, we proudly host private parties and curated group experiences. Our space is ideal for:

- Teen, tween, and all-ages birthday celebrations
- Bachelorette parties
- Bridal preparations
- Milestone moments
- Intimate gatherings

Whether you seek personalized hair services, relaxation, or meaningful connection, our environment is designed to feel calm, elevated, and deeply intentional.

Mystic Salon + Head Spa is more than a destination- it is a place to pause, reconnect, and experience beauty in its most considered and luxurious form.



Oak Mountain Mental Health
www.oakmountainmh.com
 22 Bayview Ave, Stonington, CT 06378

Hi there! I'm Katie O'Leary, mental health clinician and owner of Oak Mountain Mental Health.

Oak Mountain is a team of clinicians who provide therapy and coaching to help individuals and couples break patterns from childhood trauma, reconnect with their bodies, and create safer, more fulfilling relationships. We believe in the power of the mind-body connection, a little humor along the way, genuine human connection, and empowering people to navigate their mental health with confidence.

Our approach combines practical tools, somatic awareness, and supportive coaching to help clients understand their patterns, reduce overwhelm, and foster deeper connection with themselves and others. Whether you're looking to heal old wounds, build healthier relationships, or simply feel more grounded in your body, Oak Mountain offers a space to grow, learn, and thrive.

Social Media: @katieoresscoaching



Ocean Community YMCA
 Westerly Pawcatuck Branch
www.oceancommunityymca.org/westerly-pawcatuck-branch
 (401) 596-2894

95 High St, Westerly, RI 02891

The Westerly-Pawcatuck Branch YMCA serves as a vibrant and welcoming hub where wellness, youth development, and community connection come together. As part of the Ocean Community YMCA, this branch plays a vital role in supporting healthy living and fostering a strong sense of belonging for individuals and families throughout the community.

The Y is currently undergoing exciting renovations to its lower level, which will soon feature a new Functional Fitness Center, an innovative Makerspace, and a cutting-edge Esports lab. These additions will greatly expand opportunities for members of all ages. The branch also recently unveiled a newly renovated Spin Studio, offering an elevated space for high-energy cycling classes and group fitness experiences.

In addition to these enhancements, the Westerly-Pawcatuck YMCA provides a wide variety of programs, including swim lessons, youth sports, child care, chronic disease prevention initiatives, and group exercise classes.

More than just a fitness facility, the Y serves as a true community anchor—where connections are built, families grow stronger, and everyone is welcomed with a sense of belonging. With its ongoing improvements, the Westerly-Pawcatuck Branch YMCA continues to evolve to meet the needs of the community it proudly serves.



Par 4 Restaurant
www.par4restaurant.com
 (860) 446-9146

93 Plant St, Groton, CT 06340

Par 4 is a family-owned and operated restaurant since 1987, located on the Shennecossett Golf Course in Groton and overlooking the 18th hole with beautiful water views. Open year-round for lunch and dinner, seven days a week, it's a welcoming destination for locals, visitors, and golfers. In the summer, guests can enjoy outdoor dining and live music on the patio.

The menu features casual cuisine including pizza, fresh seafood, and daily specials, complemented by a full bar, an extensive beer and wine selection, and the famous Cadillac Mudslide. Par 4 also offers a full ice cream bar with cones, swirls, sundaes, milkshakes, and made-to-order ice cream cakes.

With private event space and a full catering menu, Par 4 is an ideal choice for celebrations and large gatherings. Visit the website to explore the menu, review catering options, or book the Par 4 food truck for your next gathering.



Shoreline Painting and Cabinetry Finishing
 401-834-1684

www.shorelinepaintingri.com
 77 Stillman Avenue, Pawcatuck, CT 06379

Shoreline Painting and Cabinetry Finishing is a painting company that provides specialized interior, exterior, and cabinetry refinishing services in Southern Connecti-

cut and Rhode Island. Established over two decades ago, the company has cultivated a reputation for exceptional craftsmanship and attentive customer service. We are committed to assisting homeowners and business owners alike in revitalizing their spaces through expert painting solutions. Shoreline Painting and Cabinetry Finishing are dedicated to providing quality and customer satisfaction, as reflected in its motto: "Excellence in every layer."

Our Headquarters at 77 Stillman Ave in Pawcatuck CT recently underwent a comprehensive building renovation to enhance its cabinetry refinishing workspace with three additional bays. The company offers a showroom that displays a diverse range of samples and options tailored to meet the unique requirements of residential and commercial clients, enabling them to visualize their project outcomes.

Shoreline Painting is dedicated to ensuring a seamless process. A live representative is available to answer calls and assist with scheduling appointments for estimates. The company's professional crew takes great pride in working respectfully within clients' homes and businesses, striving to deliver exceptional results that exceed expectations. Whether it is refreshing a living room, updating a storefront, or refinishing custom cabinetry, Shoreline Painting and Cabinetry Finishing is your trusted partner for all your painting and cabinetry needs. Contact us today to transform your space with our expert services.



Positive Vibes Pilates
www.thepvpt.com
 401-299-1941

143 Franklin St. Suite 12, Westerly, RI 02891

Positive Vibes Pilates is an all-inclusive Pilates and wellness studio based in Waterford, Connecticut, proudly expanding to a second location in Westerly, Rhode Island. Founded in 2022 by Kendall and David Aguilar, our mission is simple: to help people of all ages and backgrounds achieve a healthier, happier lifestyle through Pilates, Yoga, and functional fitness.

At Positive Vibes Pilates, we believe we're more than just a workout — we're a Positive Vibes movement. Our certified instructors offer high-quality, accessible classes designed to strengthen your body, restore your confidence, and support your wellness journey — physically, mentally, and emotionally.

We specialize in:

- Small-group Reformer Pilates classes
- Yoga and mobility sessions
- Strength and functional training
- Inclusive programs for all fitness levels, ages, and body types

From the moment you walk in, you'll feel the difference: a welcoming, supportive, and uplifting environment where community comes first and every client feels seen, valued, and empowered.

Whether you're new to Pilates or looking to deepen your practice, Positive Vibes Pilates is your home for strength, wellness, and

NEW MEMBERS

transformation — now serving the communities of Waterford, CT, and soon, Westerly, RI.



Somers HR Solutions
www.somershr.com
 (508) 507-1207
 Groton, Ct 06340

We are an independent Human Resources consulting practice focused on delivering practical talent management solutions for small and medium businesses. This includes topics such as Performance Management, Leadership Development, Coaching, and other core HR services. Our collaborative approach to solving challenges delivers actionable solutions that fit YOUR unique business needs - not cookie cutter solutions. We are also available for interim or fractional HR leadership roles.

The practice draws on decades of both US domestic and international experience including expatriate assignments in Singapore, Hong Kong, Japan, India, Malaysia, and Poland. I have been in a wide array of HR and business subject matter expert roles and have led geographically diverse teams - sometimes spanning 14 time zones. Since I have served in both HR practitioner and executive leadership roles as well as line leadership roles, I bring a balanced perspective to business challenges. The guiding principle of my freelance practice is to “deliver solutions for the real world”.



Stonecroft Inn
www.stonecroft.com
 (860) 572-0771

515 Pumpkin Hill Rd, Ledyard, CT 06339

- A Best-Kept Secret on Pumpkin Hill Road, Ledyard, CT

Hello! We are Jim and Alison Prenetta, the new owners of Stonecroft Inn, located at 515 Pumpkin Hill Road in Ledyard, Connecticut.

Stonecroft Inn is a charming ten-room property that offers guests the opportunity to step back in time. Guests may choose to stay in one of four historic bedrooms in the Captain Shubel Smith House, built in 1807 and listed as a National Landmark, or in one of six luxury suites located in the Grange—the estate’s former horse stable, thoughtfully converted into guest accommodations in 1998. Each Grange suite features a jetted tub, gas fireplace, and towel warmer for a truly relaxing stay.

The Inn has been in continuous operation since 1990 and also features a beautiful event space that can accommodate up to 79 guests. It is an ideal venue for intimate

weddings, rehearsal dinners, bridal and baby showers, birthday celebrations, and other special gatherings. Recently remodeled in Fall 2025, the event space highlights historic stone walls and a large, oversized gas fireplace, blending rustic character with modern comfort.

We invite you to stop by, visit us, and see the many updates and improvements being made to this historic property. Please feel free to contact us at 978-460-1987—we would love to host your next getaway or special event.



Tiderise Roof Co.
www.tideriseroof.com
 (860) 381-1286

743 Colonel Ledyard Highway Suite 103, Ledyard, CT, 06339

Tiderise Roof Co. is a premier residential roofing and exterior services contractor based in Ledyard, Connecticut. Specializing in solutions tailored for the unique demands of coastal New England weather, the company has built a reputation for durability, transparency, and owner-led quality control. As a GAF Certified contractor, they combine high-grade materials with precision craftsmanship to provide homeowners across New London and Middlesex Counties with long-lasting protection.



The Haversham
www.thehaversham.com
 (401) 322-1717

336 Post Rd, Westerly, RI 02891

The Haversham is a historic tavern and event venue on the Old Post Rd, Westerly, Rhode Island. A warm and relaxed community hub just moments from the beach, this charming retreat is where all are welcome to eat, drink and be married.

A 19th-century landmark, The Haversham is a destination all its own. For a relaxing lunch, after-work bites, cocktails with friends, or a full dinner out, there’s always a seat or bar stool waiting for you at The Haversham.

The menu features crowd-pleasing favorites like wings & tacos, pizza pies & pasta, burgers & lobster rolls, soups & salads, steak, ribs and of course...fresh local seafood. Enjoy dinner with family and friends in a cozy dining room, grab a high top or

booth in the bar, or settle in at our 35-seat center square bar surrounded by a dozen TV’s. With 24 rotating drafts on tap and frosty mugs at unbeatable prices, there’s no better place to eat, drink and be merry.

For private events, The Haversham House, Bradford Room and beautifully landscaped plaza with tented patio serve as elegant event venues for weddings and celebrations from 20 to 200 guests.

Whatever the occasion, The Haversham is your welcoming spot to EAT, DRINK & BE MARRIED.



Truly Fueled Nutrition Counseling
www.trulyfuelednutrition.com
 (508) 682-1120

28 Church Street, Suite 14 #4931, Winchester, MA, 01890

KC Stockmon, MS, RD, LDN is a registered dietitian based in Mystic, Connecticut, specializing in sports and performance nutrition. She is the dietitian behind Truly Fueled Nutrition Counseling, a nutrition practice serving athletes of all ages and abilities across Connecticut, Rhode Island, and Massachusetts. As a licensed healthcare professional, KC brings extensive training and experience to helping individuals fuel their bodies for both health and athletic performance.

Through one-on-one nutrition counseling, KC works with school-age and adult athletes, as well as active individuals looking to improve energy levels, support recovery, and build sustainable fueling habits. Her approach is practical, evidence-based, and individualized to each client’s sport, schedule and goals, whether that involves fine-tuning a fueling plan for a specific race or season, navigating nutrition during busy training periods, or building confidence around food choices and preparation.

KC is passionate about helping athletes move away from restrictive and confusing nutrition messages and toward a healthier relationship with food. Sessions are conducted virtually, making expert nutrition care accessible and flexible for busy athletes and families. Truly Fueled Nutrition Counseling is rooted in the belief that proper nutrition isn’t just about numbers—it’s about long-term health, enjoyment of sport, and feeling your best for life.



Thames River Gallery
www.thamesrivergallery.com
 860-443-0344

239 Bank Street, New London, CT 06320

New London’s premier art gallery for local, emerging, and established artists since 2010.

Themed exhibitions and permanent collection include oil, acrylic, watercolor, photography, sculpture, carvings, stained glass, and more.

Experienced, friendly curators available for consultation and sourcing art, as well as discussing consignment opportunities.

Warm and inviting gallery with unique pieces from local and international artists.



We Lift Heavy
 619-436-9855

www.we-lift-heavy.com

12 River Road, Suite 1, Pawcatuck, CT 06379

At We Lift Heavy LLC, we provide a life balance journey to strength and wellness in a safe, fun and motivating space where adults socialize and learn to exercise safely and effectively to achieve their health and fitness goals. Our premise is simple: Everyone can—and should—lift heavy and breathe easy. Our boutique studio is a welcoming space designed by and for adults interested in developing and maintaining a fitness and wellness routine to build strength and discover life balance. Currently, we offer women-only small group strength training classes, yoga classes for all genders, and personal training in one-on-one sessions. At We Lift Heavy you’ll find what you need to support your journey to optimal health.



One button link to restaurants, shopping, and activities including biking and hiking trails, museums, beaches, golf, spas, Mystic Chamber events, area events and more

Scan This Code





WINNER!
 Best Grocery Store
 Best Bakery • Best Caterer

There are full-service supermarkets everywhere, but none compare to McQuade's

In store artisan bakeries, kitchens, and smokehouses make sure our ingredients and meals are the freshest.

WHERE ALL GREAT MEALS START

PREPARED FOODS - QUICK MEAL OPTIONS



FRESH MEATS AND SEAFOOD



HOT FOOD AND SALAD BAR



BAKERY



106 Main Street, Westerly, RI 02891 • 401.596.2054

14 Clara Drive, Mystic, CT 06355 • 860.536.2054

www.mcquadesmarket.com



WE LIFT HEAVY LLC OPENS ITS DOORS

Do you ache in the places where you used to play? Are you feeling stiff or losing strength and balance as you age? Want to get down on the floor with your grandkids... and back up again? Thought about lifting weights or trying yoga but don't know where to begin? Found big gyms loud, chaotic, and dirty? If you're nodding your head, then we've got you covered at WE LIFT HEAVY!

Co-founded by Amy Fraher, NASM (National Academy of Sports Medicine) Certified Personal Trainer, and retired military officer and navy pilot, and Kathleen Jones, 200 RYT (Registered Yoga Teacher), retired university professor and writer, We Lift Heavy is your port in the storm of confusing messages and conflicting advice about how to get healthy and stay fit. We offer one-on-one personal training, weightlifting classes and yoga on the first floor of a nineteenth century landmark building—"The Thread Mill", 12 River Road, Pawcatuck.

Our boutique fitness studio is no run-of-the-mill gym. We're a big space with a big heart and a small gym feel. In our clean, uncrowded, and welcoming space you'll find a friendly, dedicated staff eager to help you get stronger, more flexible and balanced. Our clients love working out with like-minded adults in a fun, motivating environment where they learn how to exercise safely and effectively, achieve their health and fitness goals, and make new friends. Come lift heavy...breathe easy with us.

