

La Grua Center



www.LaGruaCenter.org

May 2014

ARTS & CULTURE

OPENING RECEPTION: FRIDAY, MAY 9TH FROM 5-7PM

New Exhibit: Quiet Corner Artists Creations

La Grua Center is pleased to welcome back artists from the North-eastern Connecticut Art Guild (NECTAG) during the months of May and June. A wide variety of works will be on display, including oils, water colors, acrylics and more!



WEDNESDAY, MAY 28TH AT 6PM

Film Screening: Get Real! Wise Women Speak

This award-winning documentary features extraordinary women and the inner fire which propels them to use their wisdom and experience to change the world. The film creates a vivid mosaic, weaving together ancient archetypes, modern-day stories and interviews, impressionistic re-enactments and an original score of Celtic and world-influenced music.



LECTURES

SATURDAY, MAY 3RD AT 5PM

Poetry Reading with Sophie Cabot Black

Author of three previous poetry collections, poet Sophie Cabot Black shares work from her latest book, *The Exchange*. This work explores the surprising interplay between money and morality, between this world and the next, and the heartbreak of illness and loss.



THURSDAY, MAY 15TH AT 6PM

The Stonewall Initiative with Robert Thorson

New England's stone walls are many things to many people. But from an ecological perspective, the vast majority are not artifacts, but "eco-facts," the result of a chain of consequences set in motion by the forest clearing prior to the mid 19th century. Come hear Robert Thorson on this fascinating topic! He will also be discussing his latest book, *Walden's Pond*. Copies of the book will be available to purchase.

SUNDAY, MAY 18TH AT 5PM

The Incredible Walk of the Way of Saint James with Paul Janssens

The Camino de Santiago is an ancient path first used by pagan travelers and later as an important pilgrimage for Christians during the Middle Ages. Its route leads to the tomb of Saint James in Galicia, in northern Spain. Stonington resident Paul Janssens will share his recent experiences walking this sacred route and the incredible physical and spiritual journey it inspires.



MUSIC MATTERS

SATURDAY, MAY 10TH AT 5PM

JANUS TRIO: Amanda Baker flute, alto flute, piccolo, Beth Meyers viola, Nuiko Wadden harp
Handmade in Brooklyn two cutting-edge Americans and a great Ravel classic

As May caresses the north shore of Long Island Sound, New York City's **Janus Trio** returns to the Boro. Their Music Matters program is unusual and stimulating – just what we've come to expect of them. They will familiarize us with the evocative conversation among flute, viola, and harp in **Maurice Ravel's** *Sonatine*, the stand-out masterwork for their instruments.



We'll then explore new sounds and compelling possibilities in new-as-fresh-paint works by two composers who often collaborate with the trio: **Jason Treuting** (*pluck. bow*) and **Paul Lansky** (*Book of Memory*). Open to the public and free of charge. \$10 suggested donation.

SATURDAY THE 3RD AT 5PM
La Grua Center Lecture Series:
Poetry Reading with Sophie Cabot Black

FRIDAY THE 9TH FROM 5-7 PM
La Grua Center Arts & Culture Series:
New Exhibit: Quiet Corner Artists Creations

SATURDAY THE 10TH AT 5 PM
La Grua Center Music Matters Series:
Janus Trio

THURSDAY THE 15TH AT 6 PM
La Grua Center Lecture Series:
The Stonewall Initiative with Robert Thorson

SATURDAY THE 17TH AT 5 PM
Stonington Historical Society and Merrill House Present:
Rachel Carley- History of Merrill House & James Merrill

SUNDAY THE 18TH AT 5 PM
La Grua Center Lecture Series:
The Incredible Walk of the Way of Saint James with Paul Janssens

WEDNESDAY THE 28TH AT 6 PM
La Grua Center Arts & Culture Series:
Film Screening: Get Real! Wise Women Speak

Classes at La Grua Center

Visit our website www.LaGruaCenter.org for class description and fees.

First Physical Therapy - Core Stability Ball Exercise (Mondays/Wednesdays 9 - 10 am)

First Physical Therapy - Indian Clubs Exercise Class (Mondays 10 - 11 am)

Healthy Futures: Independent Today and Tomorrow: *Maintaining Mobility and Stability - Improving Your Balance, Posture and Gait.* (Mondays 5 - 6 pm)

NEW: Zumba Gold Class with Monica Bengtson (Tuesdays 10-11am)

Juan O'Callahan's Total Wellness Class for 65s/Up (Tuesdays/Thursdays 11 am - 12 pm)

Irish Step Dancing - Novice through Champion (ages 6 to 12) (Tuesdays 4:30 - 7 pm)

Traditional West African Dance w/Ashley Jones (Tuesdays 7:30 - 9 pm)

Kripalu Yoga with Priscilla Humphrey (Thursdays 4 - 5:15 pm)

All Levels Slow Flow Yoga with Music- Ken Law (Thursdays 5:45-7 pm)

PARKING

for La Grua Center is in the main lot at the entrance to the Stonington Commons Community

32 Water St, #7 Stonington Commons, Stonington, CT



INFORMATION

about rentals and a full calendar of activities and events can be found at www.LaGruaCenter.org • 860 535 2300