



Sunday at 5PM • December 2

### Good Stories Well Told Series: Soul Dog, with Elena Mannes

After a near-fatal car crash, Elena Mannes, Emmy award-winning television journalist/producer, was looking for companionship. She decided to get her first dog, and what she found shook the foundations of her world, sending her on a quest to discover the nature of his spiritual origins and seek out the possibility of interspecies communication—even after death. She delved into the world of animal communicators, psychics, and scientists, including Rupert Sheldrake, to ask about animals and the afterlife. She invites us to move beyond the owner-pet relationship and shows us how to see animals as sentient, conscious beings whose connections with us extend far beyond life and death.

**Suggested donation \$5.**



Friday at 7PM • December 7

### More Music Series: Nora Fox

As always, this upcoming concert by our hometown favorite will remain largely mysterious until the moment of execution, but audiences can expect a little song, a little dance, and bit of holiday cheer. So come visit us after an evening of shopping and dining at Stonington Borough's Holiday Stroll for a one-of-a-kind performance as only Nora can deliver!

**Tickets \$15.**



Saturday at 5PM • December 8

### Music Matters Series: Portuguese Fado

*With Sonia Bettencourt and Guitarras do Atlantico*

These talented musicians return to delight us with more fado, the folk music of Portuguese urban cafés and the ancient ports. It's a haunting, propulsive, wistful amalgam of Portuguese, Iberian, North African Arab and black, Moorish, Roma, and Atlantic islands roots. This is more than just the music of the Portuguese soul. Once again we've partnered with the Portuguese Holy Ghost Society to offer our guests special price tapas around the corner at the club following the concert's wine reception. **Tickets \$15.**



Sunday from 10AM-Noon • December 9

### Kids Holiday Art Workshop

For the fifth year in a row, La Grua Center and the Stonington Garden Club are pleased to host our Kids Holiday Art Workshop! Local artisans will be on hand to help children create ornaments, cards, wreaths and other holiday treats. Drop in from 10am - noon. Open to the public; no registration needed. Younger children must be accompanied by an adult.

**Suggested donation \$5.**

**Visit our website to purchase tickets in advance.**

**Cash, check, or credit card accepted at the door. 18 and under admitted for free. NO RESERVED SEATING; FIRST COME, FIRST SERVED. DOORS OPEN 1/2 HR BEFORE EVENT START.**

## CLASSES & OTHER EVENTS

**Classes:** See [LaGruaCenter.org](http://LaGruaCenter.org) for class description and fees.

Yoga by the Sea with Casey Gash  
Basic/Gentle Yoga (Tuesdays 9:30-10:45am)

Stretch and Strengthen--Maintaining Mobility and Stability;  
Improving Your Balance, Posture, and Gait  
(Mondays & Wednesdays 1-2pm)

Traditional West African Drumming & Dance w/Ashley  
Jones (Tuesdays: Drum 6-7:30, Dance 7:30-9pm)

Beginner's Mind Yoga with Alice Despard (Thursdays  
9-10:30am)

The Art of Meditation with Gen Kelsang Khyenwang  
(Dec. 19 7-8:30pm)

*Free parking for La Grua Center events is located in the lot at Stonington Commons at 32 Water Street in Stonington Borough. Turn right just past the Inn at Stonington where the sign says Stonington Commons. The parking lot is in front of you as you turn in, and we're the one-story stone building at the far end of the green (parking around the green is for Stonington Commons residents only).*

P.O. Box 342 • Stonington, CT 06378 • 860-535-2300 • [lagruacenter.org](http://lagruacenter.org) • Events are open to the public.