



Friday from 5-7PM • January 11

### Exhibit Opening: Ninigret Art Guild ~ A New England Perspective

La Grua Center is pleased to welcome back the artists of the Ninigret Art Guild whose exhibit will feature a beautiful array of landscapes in various artistic styles and media. Opening reception is Friday, January 11 from 5-7pm. Exhibit will run through the end of February. **Suggested donation \$5.**



Friday at 7PM • January 18

### More Music Series: Epitome Jazz Band

Led by Cedric Mayfield (U.S. Coast Guard Band), this newly formed ensemble reaches into a wide range of directions and genres, performing jazz from a variety of styles. In addition to their own originally composed music, Epitome plays everything from Bach to traditional jazz, Stevie Wonder to Coldplay, James Bond to Sesame Street, and everything in between—all with their own unique twist! **Tickets \$15.**



Wednesday at 6PM • January 23

### Military Matters Series: Captain Wes Pulver, (Ret.)

National Coast Guard Museum Executive Director Wes Pulver will update us on the status of the National Coast Guard Museum project, including revised renderings, floor plans, and the proposed exhibits. He will include local Coast Guard stories that highlight our region's influence on the Coast Guard and our Maritime Nation. **Suggested donation \$5.**



Saturday at 5PM • January 26

### Music Matters Series: Brahms, Schumann, & The Romantic Horn

*Solomiya Ivakhiv, violin; William Purvis, valved horn; Mihae Lee, 1922 Mason & Hamlin*

Between them, Schumann and Brahms defined the Romantic era. No instrument proclaims this more powerfully than the French horn, especially in Brahms's beloved *Horn Trio*. By the same token, no "modern" spoke more persuasively of his time than did Prokofiev. Our to-die-for trio of superlative musicians will bring us one of the most satisfying programs we could wish for. **Tickets \$15.**

**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

WEDNESDAY THE 9H AT 7PM

Mystic Middle School Chorus: Winter Concert

SATURDAY THE 12H AT 5PM

James Merrill House: Writer in Residence Lecture featuring Sigrid Nunez

**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 (Wednesday, Jan. 30 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).*