



Wednesday from 5:30-7:30PM • February 6

Business After Hours—Chamber of Commerce of Eastern Connecticut

Join us for a fun networking event as we show off La Grua Center to our region's business and nonprofit leaders. Hors d'oeuvres, beer, wine, soft drinks, and water will be served. Bring your business cards to enter the drawings for door prizes! Background music will be provided by Rod Luther playing our beautiful 1922 Mason & Hamlin grand piano, and art work from the Ninigret Art Guild from Rhode Island will grace the walls. This is a ticketed event with prices for both Chamber members (\$15/\$20) and non-members (\$25/\$30). Visit our website for more details or to purchase tickets.



Friday at 7PM • February 8

Cool Nights, Warm Jazz: Sarah Hanahan Jazz Duo Sarah Hanahan (Saxophone), Jeremy Galloway (Guitar)

Emerging artist Sarah Hanahan will bring her duo to La Grua where they will be playing a combination of American Songbook Standards as well as Sarah's own original pieces. Sarah is on a full scholarship at the Hartt School of Music, studying jazz performance under master teachers and Jeremy is one of her classmates. Come join us for an evening of lively music! **Tickets \$15.**



Saturday at 5PM • February 9

Music Matters: *Chopin the Exile* featuring pianist Stephen Porter

Pianist Stephen Porter returns for a performance in which he will weave Chopin's personal story of exile with selections from the *Mazurkas*, *Polonaises*, *Nocturnes*, and his final masterpiece, the *Polonaise-Fantaisie*. He will perform on the 1886 Chickering. **Tickets \$10.**



Wednesday at 6PM • February 27

Food, Fitness & Fun: Stone Acres Farm & Yellow Farmhouse with Jane Meiser, Jen Rothman, and Andy Meek

Join farmer Andy Meek, Jane Meiser (Director of Stone Acres Farm), and Jen Rothman (Director of the Yellow Farmhouse Education Center) to hear about the work they are doing to support regional small-scale agriculture and build community through food. The panel and workshop will explore principles of resilient agriculture, the history and future of local farms, and the way that culinary and farm-based education can ensure a better food future and lead to a healthier environment and local economy. Take part in a short cooking activity and tasting of farm-fresh vegetables. **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 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; Fridays 9-10am)

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 (Jan. 30, 6-7:15pm)

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 • Events are open to the public.