



Friday at 7PM • March 1

More Music: Irish, Scottish & American Folk Music

with *The Executive Session*

Once again we are pleased to welcome back *The Executive Session*, an ensemble brought together by local flutist Michael "Skip" McKinley. Their music is a blend of Irish, Scottish, and American tradition and innovation. It is rare that this breadth of music is interpreted on an 1850's granadilla wood flute. With the added raw power from the Northern Ireland swagger of Dan Foster's fiddle and the sailing ballads from guitarist Greg Bacon, this concert will be one you will not forget. Come kick off the month of March with some remarkable Celtic music! **Tickets \$15.**

Wednesday at 6PM • March 6

Local Treasures Series: 25 Years Since Federal Recognition

with *The Mohegan Tribe's Mark Brown*



Join us for an evening with Mark Brown, the only member of the Mohegan Tribe who has served on its Tribal Council continuously since 1995, in conversation with community leader Bill Stanley (Yale-New Haven L+M Hospital). How has the Mohegan Tribe's growth contributed to our local and state economy, as well as the Tribe's health and welfare? What does it mean to be a sovereign nation? What was it like to see the casino go up and what were some of the challenges? How has our entire region benefited? How is the Tribe diversifying its interests beyond gaming? What's next on the horizon?

Suggested donation \$5.



Saturday at 5PM • March 16

Music Matters Series: Traditional & Modern Irish Music

featuring *Matt & Shannon Heaton*

Shannon and Matt Heaton have a way with Irish music that melds the heart of the native tradition with a fine understanding of how this wrenchingly lovely music took root on our continent. Shannon, a singer with shamrock-perfect intonation and a wooden flutist of incomparable flair, is an absolute phenomenon, as you will hear. Matt deeply understands the Irish soul and feyly woven fabric of the style—he's a gentle powerhouse. **Tickets \$10.**

Thursday at 6PM • March 21

On Our Minds Series: Intimations in the Night—Psyche & Spirit in Aging

with *Michael Conforti*



Writers, mystics, and analysts have all spoken about the process of aging, and how entry into this later stage of life offers the promise to finally live the life we are meant to have. In this presentation, Dr. Michael Conforti, Jungian analyst and author, will speak about the personal, spiritual, and archetypal issues involved in the aging process. He will explain how to recognize those patterns which keep us from this opportunity to those behaviors, fantasies, and desires which bring us to that threshold, allowing us to see and touch this other and perhaps most authentic way of living. **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

THURSDAY THE 7TH AT 6PM

Stonington Historical Society: *On the Road to Irish Rebellion* with Cormac O'Malley

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)

WEDNESDAY THE 20TH FROM 5-7PM

Wells Fargo Seminar: *Retiring on a Market High*

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, Mar. 27 7-8:30pm)

Zumba with Sandra (Saturdays 11am-noon, 3/16, 3/23, 3/30)

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).