

LA GRUA CENTER

October 2014

FRIDAY THE 3RD FROM 5-7PM
Arts & Culture Series: *Opening Reception: Intersecting Post Modernities*

FRIDAY THE 10TH FROM 8-9PM
Kayak Waveology Presents:
Bahamas Part 2, The Dark Side of the Atlantic

SUNDAY THE 12TH AT 5PM
Stonington Library Presents:
Harry Martin on Hemingway

SATURDAY THE 18TH AT 5PM
Lecture Series: *"A Distant Memory" with Jennifer Field*

SATURDAY THE 25TH AT 5PM
Music Matters Series: *Pianist Russell Hirshfield*



Classes at La Grua Center

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

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

NEW TIME: Juan O'Callahan's Total Wellness Class for 65s/Up (Monday/Wednesday/Fridays 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)

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

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

Medicaid Made Clear with Financial Adviser Scott Nelson (Wednesday October 15th and Thursday October 23rd at 12:30pm)

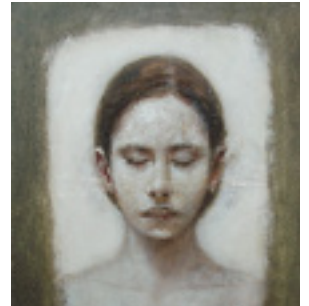
www.LaGruaCenter.org

ARTS & CULTURE

FRIDAY from 5-7 PM • October 3rd
Opening Reception: Intersecting Post Modernities

"Intersecting Post Modernities: Latin American Art"

During the month of October, Expressiones Cultrual Center in New London presents artworks created by Latin American artists Margarita Hernandez, Antonio Cavagnaro, Ignacio Gana, and Guido Garaycochea. "Intersecting Post Modernities" is a collection of works by these distinguished and diverse artists from Central and South America. This extraordinary exhibition presents work that appeals to and resonates with a multicultural and multigenerational audience, contributing to build multicultural bridges through their artistic endeavors.



LECTURES

SATURDAY at 5 PM • October 18th
"A Distant Memory" with Jennifer Field

Jennifer Field is an amazing and inspiring woman. In this moving presentation, "A Distant Memory," she defines how an individual can use determination, hope, and aspiration to achieve almost anything. The talk will share Jennifer's purposeful odyssey from her coma through endless years of hard work and therapies, to her life today in Santa Monica, California. You will come away motivated and inspired in your own ability to achieve anything if you stay positive and focused.

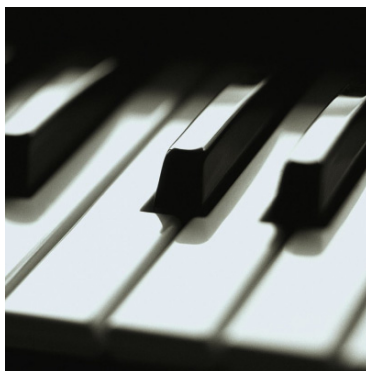


MUSIC MATTERS

SATURDAY at 5 PM • October 25th

Presents Pianist
RUSSELL HIRSHFIELD
1922 Mason & Hamlin Model AA piano

Music of the Present & Russian Romantics



Come join us to hear 125 years of music for our time in the La Grua Center's transparent, resonant acoustics. Following a brief conversation onstage with composer Kevin Jay Isaacs, Western Connecticut State University pianist Russell Hirshfield will play the world premiere of Isaacs' eight Sun Dials and contrast them with the songful Partita in memoriam J.S. Bach by Fleming Piet Swerts. We will savor early 20th-c. Russian pianism with Alexander Scriabin's brilliantly evocative 24 Preludes, Op. 11, and the dark luminosity of Sergei Rachmaninoff.

Monthly Music Matters concerts are free of charge, with a suggested \$10 donation.

EVENTS ARE OPEN TO THE PUBLIC AND FREE OF CHARGE

32 Water St, #7 • Stonington Commons • Stonington, CT • 860-535-2300