

ARTS & CULTURE

FRIDAY from 5-7 PM • April 3rd
Opening Reception: Celebrating Art in Autism Exhibit



In honor of Autism Awareness Month, the La Grua Center is pleased to present the exhibit "Celebrating Art in Autism." Artists of all ages who are effected by autism will have their work on display through the end of the month. Open to the public and free of charge. Please call for hours.

TUESDAY at 7:30 PM • April 28th
WEDNESDAY at 7 PM • April 29th

Mystic Middle School Jazz & The Stonington Singers

On Tuesday, April 28th at 7:30pm, the award winning Mystic Middle School Jazz Band, under the direction of James Francis Hilbie, will be performing a wide variety of selections including "Whirly Bird" by Neal Hefti, "Take the "A" Train" by Billy Strayhorn, "Treasure" by Bruno Mars as well as from the popular groups Chicago, the Beatles and a beautiful rock ballad from Tower of Power.

Then on Wednesday, April 29th at 7pm, the Mystic Middle School Chorus- The Stonington Singers- will perform. Since its inception, led by conductor Ellen Effman-Gilbert, the ensemble has consistently received Platinum ratings at adjudication festivals for the past eleven years. Tonight, the Singers are delighted to present a World Premier by New York based composer, Jim Papoulis.



LA GRUA CENTER

April 2015

FRIDAY THE 3RD FROM 5-7PM
Art & Culture Series: *Opening Reception: Celebrating Art in Autism Exhibit*

SATURDAY THE 11TH AT 5PM
Lecture Series: *Resilience: K2 and Broad Peak Climbs with Sophie Helenek*

MONDAY THE 13TH AT 6PM
Stonington Garden Club Presents: *Founding Gardeners with Andrea Wulf*

SATURDAY THE 25TH AT 5PM
Music Matters Series: *A Bow to Bach and Handel*

SUNDAY THE 26TH AT 3PM
The Denison Homestead Presents: *The Civil War Search for a New National Anthem (with music)*

TUESDAY THE 28TH AT 7:30PM
Art & Culture Series: *Mystic Middle School Jazz Band*

WEDNESDAY THE 29TH AT 7PM
Art & Culture Series: *The Stonington Singers*



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 5:00 - 6:00 pm)

Juan O'Callahan's Total Wellness Class for 65s/Up (Monday/Wednesday/Fridays 11:00 am - 12:00 pm)

Traditional West African Dance w/ Ashley Jones (Tuesdays 7:30 - 9:00 pm)

Beginner's Mind Yoga with Alice Despard (Thursdays 9:00 - 10:30 am)

Yoga Basics with Lindsay Meiklem (Thursdays 11:00 am - 12 pm)

Kripalu Yoga with Priscilla Humphrey (Thursdays 4:00 - 5:15 pm)

LECTURES

SATURDAY at 5 PM • April 11th
Resilience: K2 and Broad Peak Climbs with Sophie Helenek

Mountain climber Sophie Helenek will discuss her adventures climbing Broad Peak and K2 in the Karakoram mountains of India, China, and Pakistan. After three unsuccessful attempts in which she battled white-out conditions, an avalanche, and frostbite, a successful fourth attempt was rendered bittersweet by the tragic loss of one of her team members. Through stories both harrowing and exhilarating, Sophie will inspire audiences to climb their own mountains, whether literally or figuratively!



MUSIC MATTERS

SATURDAY at 5 PM • April 25th
Marika Holmqvist & Dylan Sauerwald
Baroque violin & German double harpsichord
A Bow to Bach and Handel

A Bow to Handel and Bach is two brilliant musicians' Stonington evocation of the intimate side of these German Baroque masters. A special treat will be the finely detailed ornamentation each player improvises throughout our afternoon with them. Marika Holmqvist's and Dylan Sauerwald's improvisational flair transcends mere period style. In their hands, the black-&-white score becomes a magical point of departure for fantasy and bold flight. We'll hear solo, duo, and accompanied music, played on elegantly matched instruments of that era. Monthly Music Matters concerts are free of charge, with a suggested \$10 donation.



EVENTS ARE OPEN TO THE PUBLIC. SUGGESTED DONATION \$5
Designated parking is in the main lot of Stonington Commons.

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