

## ARTS & CULTURE

FRIDAY from 5 - 7 PM • July 3rd  
**Stonington Artist Exhibit: Opening Reception**



Join us as we celebrate our talented friends and neighbors at the annual Stonington Artists Opening Reception on July 3rd from 5-7pm. Beautiful artwork of various styles and media will be on display. The exhibition will run through the month of August.

SUNDAYS from 10 AM - 12 PM • July 5th, 12th, 19th & 26th  
**Kids Art Workshops**

Now in its fifth year, this popular art workshop for kids will meet every Sunday morning in July from 10am - 12 noon. Sit with your favorite artist and paint, draw, mold with clay, build crowns, masks and much, much more! At the end of each session your child will have beautiful and memorable piece of art to take home. No registration necessary. Drop in and join the fun!



## LA GRUA CENTER

### July 2015

FRIDAY THE 3RD FROM 5-7PM  
Art & Culture Series: *Stonington Artist Exhibit: Opening Reception*

SUNDAY THE 5TH, 12TH, 19TH & 26TH FROM 10AM-12PM  
Art & Culture Series: *Kids Art Workshops*

THURSDAY THE 9TH AT 6PM  
Stonington Historical Society: *Stonington, the Civil War, & the Sea ~ Glenn Gordinier*

SATURDAY THE 11TH AT 5PM  
Music Series: *A Capella: The Ten of NYC*

SUNDAY THE 19TH AT 5PM  
Stonington Free Library: *Modern Man- The Life of Le Corbusier, with Anthony Flint*

FRIDAY THE 24TH AT 6PM  
Music Series: *Destiny Africa! Children's Choir from Uganda*

SATURDAY THE 25TH AT 5PM  
Lecture Series: *Adventures in Bhutan, with Nick Zoa*

SUNDAY THE 26TH AT 5PM  
James Merrill House: *Poet Kay Ryan*



### Classes at La Grua Center

Visit our website [www.LaGruaCenter.org](http://www.LaGruaCenter.org) for class description and fees.

**NEW!** Gestures for Health: Qigong with Suzanne Capizzano (*Mondays 3:30-4:30 July 6th to August 10th*)

Stretch and Strengthen: Independent Today and Tomorrow: Maintaining Mobility and Stability - Improving Your Balance, Posture and Gait. (*Mondays 5:00 - 6:00 pm*)

Irish Step Dancing - Novice through Champion (ages 6 to 12) (*Tuesdays 4:30 - 6:45pm*)

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

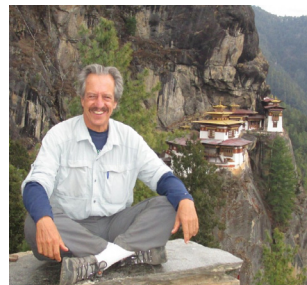
Beginner's Mind Yoga with Alice Despard (*Thursdays 9 - 10:30 am*)

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

## LECTURES

SATURDAY at 5 PM • July 25th  
**Adventures in Bhutan, with Nick Zoa**

Bhutan is an extraordinary Himalayan kingdom with traditions of magic and mystery. This is a country where Gross National Happiness is more important than Gross National Product. 65% of the country is set aside as national park, and 100% of the country is beautiful. While it visibly maintains its ancient Buddhist traditions, Bhutan is not a museum. It is a vibrant, friendly and engaging place, unlike anyplace else on Earth. Join us as traveler Nick Zoa share the vibrant culture of this southeast Asian gem with us!



## MUSIC

SATURDAY at 5 PM • July 11th  
**A Capella: The Ten of NYC**



The nineteen men who make up The Ten have their roots in the one hundred twenty-five voice University Glee Club of New York City (UGC), which was founded over one hundred years ago to preserve the tradition of male glee club singing. They live and work in the New York metropolitan area.

The Ten performs a variety of sacred and secular songs, including selections from popular artists such as James Taylor and Billy Joel. Some of the arrangements have been done by members of The Ten, while others are by groups such as England's King's Singers. While a cappella four-part harmony predominates, it is not unusual for the group to sing in six parts, with an occasional piece accompanied on piano or guitar. Suggested donation: \$10.

This concert is made possible by UBS Financial Services, New London.

FRIDAY at 6 PM • July 24th  
**Destiny Africa! Children's Choir from Uganda**

This multi-talented children's choir has toured the UK, Belgium and the US during the past five years and delivers an amazing heartfelt experience of joy and hope! The choir will be traveling all the way from Uganda to perform in the US from April to July 2015 and we are very fortunate to have them here in Stonington; do not miss this wonderful opportunity to hear and see these amazing performers! Suggested donation: \$10.



**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