

LA GRUA CENTER

January 2016

WEDNESDAY THE 6TH AT 7PM

Mystic Middle School Select Chorus
Winter Concert

FRIDAY THE 8TH FROM 5-7PM

Exhibit Opening:
Painted Prayers
Featuring Lama Tsondu Sangpo

SATURDAY THE 9TH AT 5PM

Give & Parent Like the Rockefellers
Lecture with Harry Martin

SUNDAY THE 10TH FROM 1-3PM

Mask Making Workshop

SATURDAY THE 23RD AT 5PM

Music Matters Concert:
The Golden Age of
the Romantic Clarinet

Classes at La Grua Center

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

NEW ART CLASS!

Elements of Drawing with Tom Frohnapfel (Mondays 6:30-8:00pm)

Gestures for Health: Qigong with Suzanne Capizzano (Thursdays 1:00-2:00pm)

Stretch and Strengthen-- Maintaining Mobility and Stability; Improving Your Balance, Posture and Gait. (Mondays 5:00 - 6:00 pm, Wednesdays 1:00-2:00pm)

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

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



SAVE THE DATE!
La Grua Center
Winter Masquerade
Fundraiser
Saturday, February 20th
at 6:30pm

Food, fun, dancing and celebration during the coldest time of the year!
More details to come.

FRIDAY from 5-7 PM • January 8th
Exhibit Opening: Painted Prayers

AN EXHIBITION OF BUDDHIST ART by Lama Tsondu Sangpo

This exhibit will feature an amazing collection of sacred Tibetan thangka paintings. Thangkas are traditionally used as objects of devotion, or as an aid to spiritual practice, and are a source of blessings to all who see them. The art form dates back over 2500 years and depicts deities in the Tibetan Buddhist tradition.



Suggested donation \$5.



SUNDAY from 1-3PM • January 10th
Mask Making Workshop

In anticipation of our upcoming Winter Masquerade Fundraiser on February 20th, local artists will be on hand to help participants create their own unique whimsical masks. Drop in from 1-3pm.

Suggested donation \$5. This workshop is intended for adults, but all ages are welcome!

LECTURES

SATURDAY at 5 PM • January 9th

Give & Parent Like the Rockefellers
with Harry Martin

Join us as we dive into the world of entrepreneurial magnates highlighting such family as the Rockefellers. How did families with fortunes at the turn of the 20th century practice philanthropy and raise their families compared to today's wealthy families. Using examples from some of the nation's wealthiest families we will look at the past 100 years and examine the challenges, the pitfalls and the social pressures of managing one's wealth.



Suggested donation \$5.

MUSIC



SATURDAY at 5 PM • January 23rd
Music Matters Presents:

The Golden Age of the Romantic Clarinet

Misuzu Tanaka, Piano
Maksim Shtrykov, Clarinet

Robert Schumann Romanze & Allegro in Ab, Op.70

Johannes Brahms Sonata in Eb, Op. 120, No. 2

Max Reger Sonata in f#, Op. 49, No. 2

Giacomo Rossini Introduction, Theme & Variations in F

19th-century Austrian and German composers all but owned the Romantic era. Brilliant clarinetist Maksim Shtrykov and acclaimed pianist Misuzu Tanaka invite us on a journey to explore some music we know well, and to unearth unknown gems to cherish.

Suggested donation \$10.

EVENTS ARE OPEN TO THE PUBLIC.

Designated parking is in the main lot of Stonington Commons.

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