



LA GRUA CENTER

January 2017

WEDNESDAY THE 4TH AT 7PM
Mystic Middle School
Winter Concert

FRIDAY THE 5TH FROM 5-7PM
Exhibit Opening:
A View From the Periscope

SATURDAY THE 21ST AT 5PM
Music Matters Concert:
With Heart ~ Piano Trios
featuring Hilary Castle, Ani Kalayjian,
and David Kaplan

FRIDAY THE 27TH AT 6PM
Music & Dance:
*A Musical Evening with
Nora Fox and Friends*

SATURDAY THE 28TH AT 5PM
Military Matters Series:
Diving Down Deep with Submarines
with Captain Ray Woolrich



Classes at La Grua Center

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

Yoga by the Sea with Casey Gash
Basic/Gentle Yoga (Tuesdays 9:30-10:45am, Sundays 10-11:15am)

Stretch and Strengthen--Maintaining
Mobility and Stability; Improving
Your Balance, Posture, and Gait
(Mondays & Wednesdays 1-2pm)

Traditional West African Drumming
& Dance w/Ashley Jones (Tuesdays:
Drum 6-7:30, Dance 7:30-9pm)

Beginner's Mind Yoga with Alice
Despard (Mondays 9-10:15am,
Thursdays 9-10:30 am)

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

Artist Feedback Workshop with
Marija McCarthy (Friday 1/20
10am-noon)

SAVE THE DATE!

February Fundraiser Evening
Saturday, 2/25/16
8pm

Twist of Lemmon
with Chris Lemmon

A one man show about
film icon Jack Lemmon &
Hollywood's Golden Age
through the eyes of his son.

ARTS & CULTURE

FRIDAY from 5-7pm • January 6

Exhibit Opening

A View from the Periscope:
Celebrating a Century of Submarines in Connecticut



This traveling art exhibition from the United States Navy History and Heritage Command Art Collections, will be on display during the months of January and February 2017.

Curated from the collection of the U.S. Navy, this exhibit features artwork depicting naval submarines through the 20th century and the submariners who served aboard them. A talented group of artists is featured in this very rare naval exhibit.

Suggested donation \$5.

MILITARY MATTERS

SATURDAY at 5PM • January 28

Diving Down Deep with Submarines with Captain Ray Woolrich



New Series! Military Matters

Retired U.S. Navy Captain Ray Woolrich will provide a brief history of submarines and a discussion about how a submarine operates, the types of submarines operating in the world today, and their fundamental missions. Captain Woolrich served on six nuclear submarines and commanded USS TREPANG, a nuclear powered fast attack submarine

Suggested donation \$5.

MUSIC

SATURDAY at 5PM • January 21

Music Matters Concert: With Heart~ Piano Trios featuring Hilary Castle, Ani Kalayjian, & David Kaplan

Join us as we welcome Hilary Castle (violin), Ani Kalayjian (violoncello), and David Kaplan (piano) who will entertain us with a delightful performance of piano trios featuring Shubert, Mendelssohn, and Dvorak. Don't miss this wonderful program!

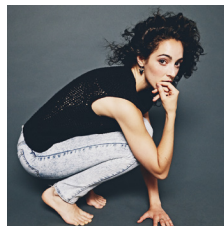
Suggested donation \$10.



FRIDAY at 6PM • January 27

A Musical Evening with Nora Fox & Friends

Nora Fox returns to La Grua having recently written/performed in BARS, a theater-in-verse workshop at The Public Theater with *Hamilton's* Daveed Diggs, and having performed in Belarus's International Festival of Modern Dance. This upcoming concert will remain largely mysterious until the moment of execution, but audiences might imagine a form of narrative wailing through the combustion of art song, opera, electro-soul, and dance.



\$10 admission fee.
Cash or check accepted at the door,
or visit our website for advance purchase with credit card.

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 • lagruacenter.org