



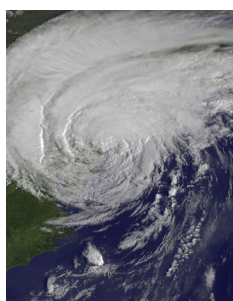
WEDNESDAY at 6PM • October 4
On Our Minds Series:
The Art of Aging, with Kevin Lyn Sisson

Explore the complex nature of *The Art of Aging* with Kevin, a mental health counselor who practices with The New England Center for Anxiety in Westerly. She specializes in working with people over 50 and their families as they navigate challenges brought on by career changes, retirement, relocation, depression, anxiety, and illness. *Suggested donation \$5.*



FRIDAY at 6pm • October 6 • Co-sponsored by Bank Square Books
Author Talk: *The Least Among Us*, with Rosa DeLauro

Talk and book signing with U.S. Rep. Rosa DeLauro (D-3rd District), who will discuss her new book *The Least Among Us: Waging the Battle for the Vulnerable*. Books will be available for purchase that evening. *Suggested donation \$5.*



Wednesday at 6PM • October 11 • Co-sponsored by Mystic Aquarium
On Our Minds Series:
Coastal Resiliency, Now More Than Ever

In light of recent weather events in Texas, Florida, and neighboring islands, questions are being raised about the role of climate change in hurricanes and what we should do when hurricanes hit. To help shed some light on this topic and to share Connecticut's experience with severe weather response and recovery, we will host a panel discussion on this topic. Experts will include participants from the Connecticut Institute for Resilience and Climate Adaptation as well as a local meteorologist. Q&A to follow. *Suggested donation \$5.*



SATURDAY at 5PM • October 14
Music Matters: *The Romantic Piano*, with Stephen Porter

Acclaimed Boston pianist Stephen Porter returns with a remarkable program. He will share multi-hued sets of works by Chopin and Liszt. He also continues Music Matters' joyous, two-season traversal of all 66 of Edvard Grieg's impassioned, evocative Lyric Pieces, one of the great compositional legacies of all time. *General admission \$10.*



SATURDAY at 5PM • October 28
Local Treasures Series:
***The Arab Spring - Why It Failed*, with John McCarthy**

John McCarthy lived in Lebanon and Tunisia as the American Ambassador; he has worked from time to time for the State Department in many of the other Arab countries. He will lay out what issues led to the unrest that has rocked so much of the Arab world in the last five years and explore what may happen next. *Suggested donation \$5.*

Visit our website to purchase tickets in advance.
Cash, check, or credit card accepted at the door. 18 and under admitted for free.

CLASSES & OTHER EVENTS

SUNDAY THE 8TH AT 5PM
 Stonington Free Library: Alex Prud'homme

SUNDAY THE 15TH AT 5PM
 Stonington Free Library: Sally Wood on Agatha Christie

Classes: See LaGruaCenter.org for class description and fees.

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

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

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

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

Full Moon Meditation with Sunshine Estar (Monday the
 2nd at 7pm)

Tarot, Meditation, & Pendulum classes with Sunshine
 Estar (Mondays 10-11am)

Medicaid Made Clear with LPL Financial Advisor
 Scott Nelson (Tuesday the 17th at 1pm, Wednesday the
 25th at 10am)

EVENTS ARE OPEN TO THE PUBLIC.

Free parking is in the main lot of Stonington Commons, 32 Water St., Stonington Borough.

P.O. Box 342 • Stonington, CT 06378 • 860-535-2300 • lagruacenter.org