



FRIDAY from 5-7PM • November 10
Exhibit Opening: Photo-Op ~ Noteworthy Images

Founded by Maria Scaglione, Photo-Op is a guilding concept organization that facilitates "pop-up" exhibitions of local photography. Participants are enthusiastic about their creative work and the region where they reside. They join together in the hope that they will inspire the curiosity and interest of the people who live in our little corner of southern New England. **Suggested donation \$5.**



SATURDAY at 5pm • November 11
Music Matters Series: SVENSKA, Swedish Folk Tunes

SVENSKA~*Music Found in Old Drawers.* Swedish folk tunes, folk fiddling, dance music, heartfelt duos. String players Lydia Ievins and Andrea Larson spent a full year studying in the center of the nyckelharpa universe in Sweden and returned to these shores with a powerful command of the music. **Tickets \$10. Sponsored by Bestemors and Olde Mistick Village**



SATURDAY from 9:30am-3PM • November 18
Annual Holiday Fine Art Craft Show & Sale

Once again we are pleased to present exciting offerings from new and returning favorite exhibitors for our 9th annual Holiday Fine Arts and Crafts Show. Each artist will be showcasing their own unique talents. Items will be available for purchase. Come on down, get ideas, get inspired, and get a start on your holiday shopping! **Free and open to the public.**

**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

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 (Wednesday
the 1st 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