

C4PT Positive Energy Music Series 2010

www.c4pt.org

We welcome you to our 6th summer of singing, strumming, sweet harmonies, scrumptious food, soft candlelight, and starry nights. We invite you to relax in our private party atmosphere and enjoy the music and soft evening lighting in our terraced recreational garden area. RAIN OR SHINE – we will use the indoor studio if rain. So at 7:30 PM ...

- If you wish to join in our pot-luck buffet, please bring a dish to share. We usually have a wide assortment of salads, snacks, desserts, entrees, etc.
- As for beverages, BYOB or you may choose to bring a large container to share.
- Iced tea, water, seltzer, SoBe, etc. available for \$1.
- Open mic at intermission.
- Friendly, social atmosphere
- There is no admission charge; however, we gratefully accept donations which are given entirely to the artists. We encourage supporting these talented people and suggest a donation of \$5 each that goes to the artists. C4PT funds the hosting of these events and relies on the donations for the artists. We enjoy the quality of artisans we attract and they enjoy performing here!
- We are child friendly (with your supervision) and the swimming pool is open to members. ***
- We ask for your email or contact & this allows us to give you an instantaneous membership for our music series.** C4PT Club Membership required and available at the door (FREE!)

Friday July 23rd



8 PM Nina Romanenko and the Quarry Cat blend old time jazz, country, blues, folk and rockabilly in a toe-tapping performance of originals as well as classics. Mike Harrison adds acoustic/electric bass to Nina's vocals and acoustic guitar. Fun for the whole family! www.ninasings.com



9:30 PM Anam Cara
Irish for "Soul Friend"
An acoustic trio performing songs from of Ireland, Scotland and US folk traditions. Their rich vocal harmonies accompanied by guitar, fiddle and bodhran- bring new energy to old favorites and original tunes.

[facebook.com/pages/Anam-Cara](https://www.facebook.com/pages/Anam-Cara)

Friday August 6th

8 PM Judy Handler & Mark Levesque return with their expressive acoustic blend of Brazilian, Latin, gypsy, jazz, classical, & folk. They create their lyrical arrangements with guitar & mandolin. Accomplished musicians give a great show.
www.judyandmark.com



9:30 PM David Francis

returns from England. Mr. 12 String guitar. Singer, songwriter gives us ballads, love songs, & fills the air with poetic lyrics.



www.cdbaby.com/artist/davidfrancis

SUMMER RENTALS!



Our recreational / performance / gazebo / picnic areas are available for booking your summer gathering. Reserve the date for your summer social gathering at C4PT. Use of our facilities includes our recreational area with pool, performance canopy, and bar.

Tables & seating provided

Indoor bathroom, kitchen. Outdoor food prep area
860-649-9600 or 860-916-2775

Call for info on Summer Pool Memberships!

**Center for Progressive Therapies, 192 Hartford Road, Manchester, CT 06040
860-649-9600 www.c4pt.org**

C4PT SUMMER WEEKLY SCHEDULE — 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30 AM Yoga for 8-15 yrs 10:3 AM Yoga for 3-7 yrs.	6:30 PM Traditional Japanese Karate	Noon Time Tai Chi 7:00 PM Patanjali Yog	7:30 AM Tai Chi 6:30 PM Traditional Japanese Karate	6:30 PM – 10 PM Pure Imagination Dance Classes	4:00 PM Classical & Bollywood Dance From India	9:00 AM Classical & Bollywood Dance From India
SUMMER MONTHLY SCHEDULE						
	1 st Monday 7PM FREE Hypnosis Talks				Music 6/26, 7/9, 7/23, 8/6	

Ongoing Classes and Events at C4PT – Contact Info

MONDAYS	Every Monday	6:30 PM	Traditional Japanese Karate 860.808.9372
	1 st Monday	7 PM	Hypnosis Talk – 800.891.9407
TUESDAYS	Every Tuesday	7:00 PM	Patanjali Yog Yoga for you 860.732.2512
WEDNESDAYS	Every Wednesday	7:30 AM	Tai Chi with George Hoffman 860.742.5892
	Every Wednesday	6:30 PM	Traditional Japanese Karate 860.808.9372
	4 th Wednesday	6:30 PM	C4PT Community Meeting + Potluck Supper 860.649.9600
THURSDAYS	Every Thursday	6:30 PM	Dance Classes with Kerri 860.748.8939
FRIDAYS	Every Friday	4 PM	Indian Dance Rina - 860.643.2054
	3 rd Friday Each Month	7:30 PM	The Guild Lecture - 860.875.4101
	4 th Friday Each Month	7 PM	Sauna & Sweat - Jim Cowles 860.916.2775
	6/26, 7/9, 7/23, 8/6	7 PM	Positive Music Series - 860.916.2775
SATURDAYS	Every Saturday	9 AM	Indian Dance Rina - 860.643.2054

OUR COMMUNITY

CHILD/ FAMILY PSYCHOTHERAPY

Amie Amato - 860.833.3802
Karen Case - 860.280.8899
Scott Goldsmith - 860.646.9668
Jennifer Pynch - 860.281.4305

HYPNOTHERAPY

John Vester - 800.891.9407
Karen Case - 860.280.8899
Joanne Bennett - 860.308.8288

ADULT PSYCHOTHERAPY

Debbie Corkindale - 860.803.8063

LIFE COACHING

Joanne Bennett - 860.308.8288
Debbie Corkindale - 860.803.8063

LIFESTYLE NUTRITION

Lynn Murray - 860.432.5438

MASSAGE THERAPISTS

Ashley Liles - 860.944.8189
Steve Callis - 860.966.8204

BODY CTR CORE ENERGETICS

Jim Cowles - 860.916.2775

E&M Green Engineering -
860.916.2775

C4PT EVENTS JULY AUGUST 2010

Friday July 23	7:30 PM Positive Music Series
Monday August 2	7 PM FREE Health Talk: John Vester on Hypnosis for diabetes 800.891.9407
Friday August 6	7:30 PM Positive Music Series
Friday September 17	7:30 PM Positive Music Series

Printable Flyer -- www.c4pt.org/pdfs/summer2010.pdf

192 Hartford Road, Manchester, CT 06040 www.c4pt.org 860-649-9600