


survive & thrive
Classroom Series

Free courses that focus on enrichment through wellness, nutrition and fitness.

May 5 - Introduction to Yoga
May 12 - Breath Work
May 19 - Emotional Freedom
Techniques to promote relaxation and relieve stress.

10:30-12:00 noon
Classes include instruction and physical activity.
Yoga mats are provided.

Anyone is welcome.
Space is limited to 15 people.
Reservations are required.
Please call 915-562-7660.



616 N. Virginia Street
Suite D
El Paso, TX 79902
(915) 562-7660
www.rgcf.org



Soul Enrichment Center

"Certain things catch your eye, peruse only those that capture your heart"

Pamper Mom

With a relaxing Spa day on May 5th and 6th
Mini-Facial, back massage, scalp massage
Lavender aroma therapy, and Bio-mat
1 1/2hr. session \$65 per person Space limited must RSVP
Elizabeth 915-790-3541 Alma 915-577-9763

STOP SMOKING (no side effects, restores healthy oxygen levels within 5 days)
STOP GRINDING YOUR TEETH (invest in saving money on future dental procedures)
HYPNOSIS CAN HELP
REIKI AND HYPNOSIS SESSION \$128

Massage & Sound Therapy 1hr. session \$47 reg. \$56

Alma Calderón 1806 E. Yandell 577-9763
Establishment Lic. #ME1304 By appointment only. Hablamos Español

Expires: January 31, 2019



AZAR NUT SHOP

15% Off Entire Purchase

A Wide Selection Of Delicious Nuts, Tasty Snack Mixes, Candy, and Gift Baskets!

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BEAUTY SOLUTIONS

5738 N Mesa
(N Mesa at N Mesa Hills Dr)
Summit Executive Suites (Across from Applebee's)

May Specials

(Bring in this ad for an additional 10% off)

Microdermabrasion w/ skin renewal: Treatment to improve fine wrinkles, sun damage, serficial adge spots. oily skin and acne prone skin
SPECIAL \$59 (reg. \$89)

Steam Cell Facial (LATEST ANTI-AGING TREATMENT): This treatment shows immediately firmer skin, resulting in a healthier-acting, younger-looking, and radiant complexion. **SPECIAL \$59**

Vitamin C Peel: A mild to medium strength peel with a new stable form of ascorbic acid and with the addition of orange stem cells. While similar to our Bio-Lactic Sensitive Skin Peel in composition, the Vitamin C Peel offers further skin lightening, antioxidant, and firming effects
SPECIAL \$159 (reg. \$225)

Clementina Bernal
Skin Therapist
(20 yrs. experience)
276-8774

By Appointment
Only Mon-Sat

GIFT CERTIFICATES
AVAILABLE

Program Notes

UTEP Department of Music — Performances are at Fox Fine Arts Recital Hall. Performance at 7:30 p.m. unless otherwise listed. Tickets prices vary; most performances are \$5 (\$3 students/military; free for UTEP faculty, students and staff). Information: 747-5606 or utep.edu/liberalarts/music/.

- Jazz Concert is Monday, **April 30**.
- UTEP Symphony Band performs at 5 p.m. Tuesday, **May 1**.
- UTEP Symphony Band, Tuesday, **May 1**.
- UTEP Symphony Orchestra presents "At the Movies" Thursday, **May 3**. Talk at 7 p.m.

'Carmina Burana' — El Paso Choral Society and Orchestra, conducted by Prentice Loftin, presents the Carl Orff cantata, at 7:30 p.m. Saturday, **April 28**, at Abraham Chavez Theater, accompanied by the Orquestra Sinfonica de la UACJ. The concert will also include the "Carmen Suite" by Georges Bizet. Tickets: \$10-\$40 (Ticketmaster). Information: echoralsociety.org.

Santa Fe Opera Apprentice Tour — The celebrated opera's apprentice program performs the operetta "Trinity" commissioned for the opera's 50th anniversary tour at 6 p.m. Saturday, **April 28**, at the Ralph Edwards Civic Center, 400 W. 4th Street, in Truth or Consequences, N.M. Admission is free. Information: Sierra County Arts Council (SCAC), (575) 894-0615.

Reception follows at the Grapes Gallery, 407 Main. Admission: \$10 donation.

'Trinity' — Santa Fe Opera presents the original one-act opera for its spring show at 7 p.m. Tuesday, **May 1**, at the Good Samaritan Auditorium, 3011 Buena Vida Circle, Las Cruces. Admission is free; doors open one half hour before the show. Information: DAArts.org.

'Inspired': EPMSF Honoree Event and IYL Awards — El Paso Summer Music Festival will celebrate its 2018 honoree Cindy Graff Cohen at 6:30 p.m. Friday, **May 4**, at the Magic Bistro, 5034 Doniphan. The event also include the Instruments for Young Lives Awards (IYL). Cost: \$65. Reservations: 449-0619 or epsmf.org.

This year's instrument recipients are: Carlos Simental (Bb clarinet), a freshman at Horizon High School; and Isaiah Herrera (double bass), a freshman at Eastwood High School.

LCSO with NMSU Masterworks Chorus — Las Cruces Symphony Orchestra closes its season at 7:30 p.m. Saturday and 3 p.m. Sunday, **May 5-6**, at NMSU's Atkinson Recital Hall, with a performance of Verdi's Requiem Mass, accompanied by NMSU Masterworks Chorus. Tickets: \$35, \$40 and \$45. Information: (575) 646-3709 or lascrucessymphony.com.

'Mozart by Moonlight' — El Paso Opera presents a night of opera under the stars at 7:30 p.m. Saturday, **May 5**, at McKelligon Canyon Amphitheater. Metropolitan opera tenor Brian Downen, baritone Ricardo Herrera, mezzo-soprano Cherry Duke, soprano Kellie Rumba Rattay and the Young Artists of El Paso Opera collaborate with conductor Bohuslav Rattay and orchestra for a concert of arias and ensembles from various Mozart operas. Tickets: \$30; \$15 children; \$50 VIP

(epopera.org or Ticketmaster). Information: 581-5534 or on Facebook at Epopera.

Lara Downes — El Paso Pro-Musica closes its season with the pianist's "American Icons," with a special tribute to Leonard Bernstein and his 100th birthday at 7:30 p.m. Wednesday, **May 9**, at UTEP's Fox Fine Arts Recital Hall, 7:30 p.m. Thursday, **May 10**, at NMSU's Atkinson Recital Hall. The works come from one of her recent CD, "America Again," where she tells musical stories of some of her fondest memories of unforgettable modern American music. Tickets: \$25; \$20 seniors, military; \$5 students. Information: 747-8163 or eppm.org.

Bach's Lunch Jr. — El Paso Pro-Musica presents a free performance with pianist Lara Downes, at noon Thursday, **May 10**, the El Paso Museum of Art, One Art Festival Plaza, designed for ages 6 and older. Information: (Pro-Musica) 747-8163, (El Paso Museum of Art), 212-3062 or eppm.org.

El Paso Wind Symphony — The wind symphony concludes its season at 7:30 p.m. Friday, **May 11**, at UTEP's Fox Fine Arts Recital Hall, featuring the winner of the School Band Attendance Contest. Tickets: \$10 (\$5 students, military, seniors). Information: elpasowindsymphony.com.

Young Musicians recital — The finalists for this year's Young Musicians Competition will perform in recital 6 p.m. Saturday, **May 19**, at Star City Studio, 120 W. Castellano. Admission is free; donations welcome. Information: 449-0619 or epsmf.org.

EPSYOs 'New World Rhythms' — El Paso Symphony Youth Orchestras, directed by James O. Welsch, performs its season finale concert at 6:30 p.m. Sunday, **May 20**, at the Plaza Theatre. Tickets: \$15 (\$10 students, seniors and active duty military); tickets required for age 3 and older. information: 525-8978 or epsyos.org.

'Nouveau Chamber' — El Paso Community Foundation's Jewel Box Series concludes its season with the musical performance featuring saxophonist Daniel Rivera and a seven-piece string ensemble 2:30 p.m. Sunday, **May 20**, at the Philanthropy Theatre (next to the Plaza Theatre). The pieces are influenced by classical, Latin and film music, and explore travel and human history. Tickets: \$16 (Ticketmaster). Information: 533-4020 or epcf.org.

Patriotic Celebration Honoring Our Armed Forces — The Bruce Nehring Singers present the pre-Memorial Day Weekend concert at 3 p.m. Sunday, **May 20**, at All Saints Episcopal Church, 3500 McRae. The 32-member chorus will be accompanied by Bruce Nehring, organ, and the Brass Quintet. Admission is free; an offering will be taken. Information: 532-5874.

'Arts Beat' concert — EPSO's outreach initiative, Tocando, performs 5:30 to 6:30 p.m. Thursday, **May 24**, at El Paso Museum of Art, One Arts Festival Plaza. Third through 7th graders from Hart Elementary and Guillen Middle School will perform classical and original music compositions inspired by the exhibition, "Papel Chicano Dos." Information: 212-0300 or elpasomuseum.org