



OSHER LIFELONG LEARNING INSTITUTE OF THE UNIVERSITY OF VERMONT

seek. learn. discover. grow.



OLLI Iceland Trip, May 2019

IN-PERSON & ONLINE COURSES & EVENTS

Beginning Yoga 1, Session 1  

with Amanda McIntire

Wednesdays, January 4–25, 5:30–6:30 pm

Member: \$40 | Non-Member: \$60

In this online class, learn the basics of yoga, including the physical practice (asana), breathing techniques (pranayama), and meditation in this introductory course. Required equipment: Yoga or exercise mat.

The Salem Witch Trials: Reckoning and Reclaiming 

with New York Historical Society—

Docent Miryam Wasserman

Thursday, January 19, 10:30–11:30 am

Member: \$15 | Non-Member: \$30

The extraordinary events of 1692–3 led to the deaths of 25 innocent people, the vast majority of whom were women. This online exhibition includes tangible fragments from the past that illuminate the real lives of Salem’s residents: those accused of witchcraft, their accusers, and those who defended them against legal charges, risking their own lives and reputations in the process.

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*Provide own transportation to all in-person classes.



of The University of Vermont®

classes
travel
lectures
discussions
active learning

Intro to Ukulele, Level 1

with Clare Innes

Mondays, January 23–February 13, 6–7 pm

Member: \$40 | Non-Member: \$60

Learn chords, strums, and techniques to begin your ukulele journey and gain confidence playing with others. No uke? No worries! Find one here: <https://www.ukuleleclare.com/post/how-to-choose-a-ukulele>. Designed for ukuleles in the common high-G (“re-entrant”) tuning.

Beginning Yoga 1, Session 2

with Amanda McIntire

Wednesdays, February 1–22, 5:30–6:30 pm

Member: \$40 | Non-Member: \$60

In this online class, learn the basics of yoga, including the physical practice (asana), breathing techniques (pranayama), and meditation in this introductory course. Required equipment: Yoga or exercise mat.

Dark History of Russia and Ukraine, Session 1

with James L. West

Wednesdays, February 1–22, 10:30 am–noon

Member: \$40 | Non-Member: \$60

This course will investigate the troubled history of both Ukraine and Russia, and examine the historical factors that led to the on-going conflict between these two countries. Sign up for one or both sessions of this course offered this semester.

Short Fiction About Aging

with Robert Weibezahl

Thursdays, February 2–23, 1:30–3 pm

Member: \$60 | Non-Member: \$90

In this seminar we will read and discuss short stories by an array of international writers, exploring how they tackle many aspects of aging, both personal and societal, with insight, pathos, and even humor. Students will be sent stories to read in advance of class sessions, then engage in lively discussions about their themes and interconnections.

Brain & Memory Enhancement

with Katherine Robinson

Saturdays, February 4–25, 10:30 am–noon

Member: \$60 | Non-Member: \$90

In this online class, we will utilize brain stimulating exercises with the intention of building an empowered perspective about our brains. Learn about the latest cutting edge research and techniques that involves the blending of Western and Eastern philosophy and practices.



Photo: Heritage Winooski Mill Museum

Gallery Talk for Welcome Blanket Exhibit

with Miriam Block

Thursday, February 16, 10:30 am–noon

Member: \$15 | Non-Member: \$30

Heritage Winooski Mill Museum invites you to this special talk by Museum Director Miriam Block. View *Welcome Blanket*, the museum’s latest exhibition, and discuss how the Welcome Blanket project is a nation-wide movement that transforms the abstract concept of immigration into a tangible crowd-sourced artistic action.

Understanding & Preparing to Be a Medical Decision Maker for your Loved One

with Zail S. Berry, MD, MPH

Thursday, February 16, 5:30–7 pm

Member: \$20 | Non-Member: \$35

Increase your comfort and confidence in acting as a health care agent (representative) for your loved one. Discuss the role of the health care agent in medical decisions and the range of circumstances that the health care agent might face when called to act. Receive guidance and specific steps you might consider to prepare for medical decision involvement, both for your loved ones and your own medical care.

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Late Winter Birding In & Around Burlington

with Maeve Kim

Tuesday, February 21, 5:30–7 pm

Member: \$15 | Non-Member: \$30

In this online class, spend the evening with VT winter birds—owls, ducks, ravens, hawks and more. Learn about the local places to see each species right now. Consider registering for our leisurely field walk along Burlington’s Waterfront with binoculars and spotting scopes on February 23rd (see information at right for the 2/23 field walk).

Studies in Film History:

Bob Fosse

with Travis Weedon

Tuesdays, February 21–March 14, 5:30–8 pm

Member: \$65 | Non-Member: \$95

Survey four signature films from choreographer-turned-film-director Bob Fosse—SWEET CHARITY (1969), CABARET (1972), LENNY (1975), and ALL THAT JAZZ (1979). Each class meeting enjoy a pre-film lecture, then view film independently from your home, and reconvene for post-screening discussion. The class period will vary in length depending on the runtime of each film.

Winter Birds Field Walk on Burlington’s Waterfront

with Maeve Kim

Thursday, February 23, 9:30 am–noon

Member: \$25 | Non-Member: \$40

Many species of birds can be seen and enjoyed along Burlington’s waterfront and bike path during the winter. Take a leisurely walk south along the lake from ECHO, scanning the water, ice and nearby trees during this in-person class in Burlington.

Intro to Ukulele, Level 2

with Clare Innes

Mondays, February 27–March 20, 6–7 pm

Member: \$40 | Non-Member: \$60

Take your ukulele to the next level. Become more fluid with chord changes, strumming, and learning new songs. Explore fingerpicking and an easy music theory tool and, of course, play lots of songs! Please be able to move with relative ease among these chords: Am, C, D, Em, F, G, G7. This class is designed for ukuleles in the common high-G (“re-entrant”) tuning. This class is designed for adults.

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DISTINGUISHED SPEAKER SERIES

Join us for four lively and informative **ONLINE** presentations on historical, timely, and relevant topics, **Tuesdays, 11 am–12 pm ET** as listed below.

Aligning Health Care with Planetary Health

with **Christine Vatovec, PhD**, Research Assistant Professor at the University of Vermont; award-winning lecturer; and a fellow at the Gund Institute for Environment.

February 7

Indigenous Foodways: Pathways, Paradigms, & Posterity

with **Nephi Craig**, Founder of the Native American Culinary Association; Executive Chef & Nutritional Recovery Program Coordinator, White Mountain Apache Tribe

February 14

Discrimination in US Policy History

with **Jon Haveman**, Executive Director of the National Economic Education Delegation (NEED); Former Senior Economist with the President’s Council of Economic Advisers

February 21

Cannabis Research: What We Know and Don’t Know

with **Linda Klumpers, PhD**, National expert on cannabinoid research; UVM Research Assistant, Department of Pharmacology

February 28

Save about **50%** when you sign up for all four online lectures!

All Four Lectures: \$25 | Individual Lectures: \$10



Photo: James Reuel Smith (1852–1935), Louis Klepper Confectionary and Sausage Manufacturers, 45 E. Houston Street, New York, ca. 1900. Patricia D. Klingenstein Library, New-York Historical Society

Dark History of Russia and Ukraine, Session 2

with James L. West

Wednesdays, March 1–22, 10:30 am–noon

Member: \$40 | Non-Member: \$60

This course will investigate the troubled history of both Ukraine and Russia, and examine the historical factors that led to the on-going conflict between these two countries. Sign up for one or both sessions of this course offered this semester.

“...excellent presenters whose knowledge in the topic is both broad and deep, and whose investment inspires their audiences!”

– OLLI Member

“I’ll Have What She’s Having”: The Jewish Deli

with New York Historical Society—Docent Kyle Einhorn

Wednesday, March 1, 10:30–11:30 am

Member: \$15 | Non-Member: \$30

Discover how Jewish immigrants, mostly from Central and Eastern Europe, imported and adapted traditions to create a uniquely American restaurant and learn how Jewish delicatessens became a cornerstone of American food culture. Explore the food of immigration, the heyday of the deli in the interwar period, delis and Broadway, stories of Holocaust survivors and war refugees who worked in delis, the shifting and shrinking landscapes of delis across the country, and delis in popular culture.

Writing a Legacy Letter

with Jay Sherwin

Thursdays, March 2–9, 10:30 am–noon

Member: \$30 | Non-Member: \$45

A legacy letter, also called an ethical will, is a brief written document that allows you to share your life lessons, express your values, and offer your blessings to future generations. This two-session workshop offers a model structure, discussion and reflective writing exercises to help you complete your own legacy letter.

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“ The OLLI presentations and field trips I’ve attended this year have been worth every penny and minute of my time!”

– OLLI Member

Finding the Light When We Are Surrounded by Darkness

with Katherine Robinson

Saturdays, March 4–25, 10:30 am–noon

Member: \$60 | Non-Member: \$90

Every time we turn on the news these days, we are faced with fear, darkness and chaos. How can we find the Light within ourselves and the world during such lonely and dark times? After almost three years of a pandemic, many of us are feeling lonely, lost and disconnected—unsure how to reconnect out to friends, family and our current world. Rediscover how to reconnect to friends, family and our current world through discussion questions, breathing and meditation techniques. Our true selves are hardwired to navigate these difficult times. Come join us to find community, practices and new concepts that will help you rise above the chaos.

Beginning Yoga 1, Session 3

with Amanda McIntire

Mondays, March 6–27, 5:30–6:30 pm

Member: \$40 | Non-Member: \$60

In this **in-person** class, learn the basics of yoga, including the physical practice (asana), breathing techniques (pranayama), and meditation in this introductory course. Required equipment: Yoga or exercise mat. Held on UVM campus.

Beginning Yoga 1, Session 4

with Amanda McIntire

Wednesdays, March 8–29, 5:30–6:30 pm

Member: \$40 | Non-Member: \$60

In this online class, learn the basics of yoga, including the physical practice (asana), breathing techniques (pranayama), and meditation in this introductory course. Required equipment: Yoga or exercise mat.

Contemporary Economic Policy Issues

with Jon Haveman

Thursdays, March 9–30, 5:30–7 pm

Member: \$40 | Non-Member: \$60

This course will address a set of prominent economic policy issues. Students can expect to learn about the data surrounding the issue, how economists think about the issue and what policy options are available to deal with it.

Welcome (Back) to Your Kitchen: How to Make Cooking from Scratch Simple, Affordable, and Practical

with Liza Baker

Tuesday, March 21, 10:30 am–noon

Member: \$15 | Non-Member: \$30

Whether you are familiar with your kitchen or it’s a scary place you generally avoid, learning how to meal plan can shift your relationship with your kitchen, your food, your family, and your nutritional status. Explore how to meal plan efficiently, effectively, and affordably—whatever your household size, food preferences/requirements, and budget!

Beginning Yoga 1, Session 5

with Amanda McIntire

Mondays, April 3–24, 5:30–6:30 pm

Member: \$40 | Non-Member: \$60

In this **in-person** class, learn the basics of yoga, including the physical practice (asana), breathing techniques (pranayama), and meditation in this introductory course. Required equipment: Yoga or exercise mat. Held on UVM campus.

Beginning Yoga 1, Session 6

with Amanda McIntire

Wednesdays, April 5–26, 5:30–6:30 pm

Member: \$40 | Non-Member: \$60

In this online class, learn the basics of yoga, including the physical practice (asana), breathing techniques (pranayama), and meditation in this introductory course. Required equipment: Yoga or exercise mat.

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Introduction to Meditation & Mindfulness 📖 🎧

with Katherine Robinson

Saturdays, April 8–29, 10:30 am–noon
Member: \$60 | Non-Member: \$90

Take a meditative journey to stimulate your brain and learn a variety of meditative, mindfulness and breathing techniques. Explore the benefits of meditation and create a practice that fits your lifestyle.

Herbal Support for Spring Rejuvenation & Balanced Immunity 👤 👤

with Katherine Elmer

Friday, April 14, 10:30 am–noon
Member: \$15 | Non-Member: \$30

Join herbalist Katherine Elmer from Spoonful Herbs (and cofounder of Railyard Apothecary) in Burlington for this in-person experiential class to explore the benefits of local spring tonic herbs to awaken and support the body’s intrinsic vitality and “spark” while also preventing spring allergy symptoms.

Tour of Josef Albers’ Color Studies at the Fleming Museum 👤 👤

with Alice Boone—Fleming Museum

Saturday, April 15, 12:30–2 pm
Member: \$15 | Non-Member: \$30

Everyone perceives color differently, and the noted artist, educator, and designer Josef Albers set out to teach people how to see the most compelling interactions of color with specially made prints of color interactions. Visit the Fleming Museum’s exhibition of Albers’ work and you may find yourself seeing color in new ways.

Ethan Allen Homestead Museum Collections Tour 👤 👤

with Angie Grove

Thursday, April 20, 10:30 am–noon
Member: \$15 | Non-Member: \$30

Enjoy behind-the-scenes and hands-on experience with the artifact, document, and photographic collections held by this small non-profit museum. The Homestead was the site of Native occupation for thousands of years, followed by over 200 years of continuous Euro-American farming, and multiple archaeological digs in the 1970s–1990s found evidence of these various peoples and uses of the land. While reviewing the EAHM collection, explore this heritage of Vermont and the stories of the people who lived and worked this land, from Native arrowheads to 20th century heart lockets. This event will take place indoors...

Orphan Train Riders to Vermont 👤 👤

with Daniel Bean

Tuesday, April 25, 10:30 am–noon
Member: \$15 | Non-Member: \$30

Discuss the origin of Orphan Trains, their history and the saga and family history of one of the riders to a small town in Franklin County.

Slow Birding Outing 👤 👤

with Bridget Butler, the Bird Diva

Thursday, April 27, 9–11 am
Member: \$30 | Non-Member: \$50

Be more mindful & aware of how we move on the landscape and how we connect with birds in the moment. Slow Birding is a more mindful approach that will strengthen your connection with the land, the birds, and yourself. Please bring a portable comfortable chair as we’ll be doing sit spots together during this in-person class at Macrae Farm Park in Colchester! Binoculars and chairs are available to borrow.



OLLI Birding, Spring 2016

Photo: Bernie Paquette

Gardening for Beginners 👤 👤

with Sarah Salatino/Full Circle Gardens

Friday, April 28, 11 am–12:30 pm
Member: \$15 | Non-Member: \$30

Everyone can grow plants! If you’ve never gardened before or want to fill some holes in your skill set, this is the class for you! You will learn how plants work, how and when to water, proper soils, simple pest and disease ID and how to treat them. You will receive a resource handout/cheat sheet for guidance when you start gardening. Participants will plant seeds to take home.

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Become a member of **OLLI** at UVM and...

You will have the opportunity to experience educational and cultural opportunities offered through OLLI and other partnership programs and events.

You become part of a community of people with new and different or shared interests, who all embrace similar ideas about themselves and share the value in life-long education.

You can explore new as well as familiar fields of interest, in an environment suited to adult learners.

learn.uvm.edu/olli
OR CALL 802.656.5817

join now!

You Will Receive:

- University-quality learning experiences in your community
- Intellectually stimulating courses
- Opportunities to share a passion or long-standing interest with others
- A forum for friendship and socializing
- Preferential seating at select premier UVM lectures and events
- Opportunities to participate on volunteer committees

Benefits of Membership:

- Up to 50% discount on OLLI courses
- OLLI e-newsletters and updates on lectures, activities, courses and events of interest
- Discounted tickets to UVM Lane Series performing arts events
- Priority registration for all OLLI educational travel opportunities

SEMESTER-BASED MEMBERSHIP:

SPRING: \$15

(\$12 for UVM faculty/staff/alumni or AARP members)

SUMMER: \$12

(\$10 for UVM faculty/staff/alumni or AARP members)

FALL: \$15

(\$12 for UVM faculty/staff/alumni or AARP members)

Photo: Colin Hudson



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